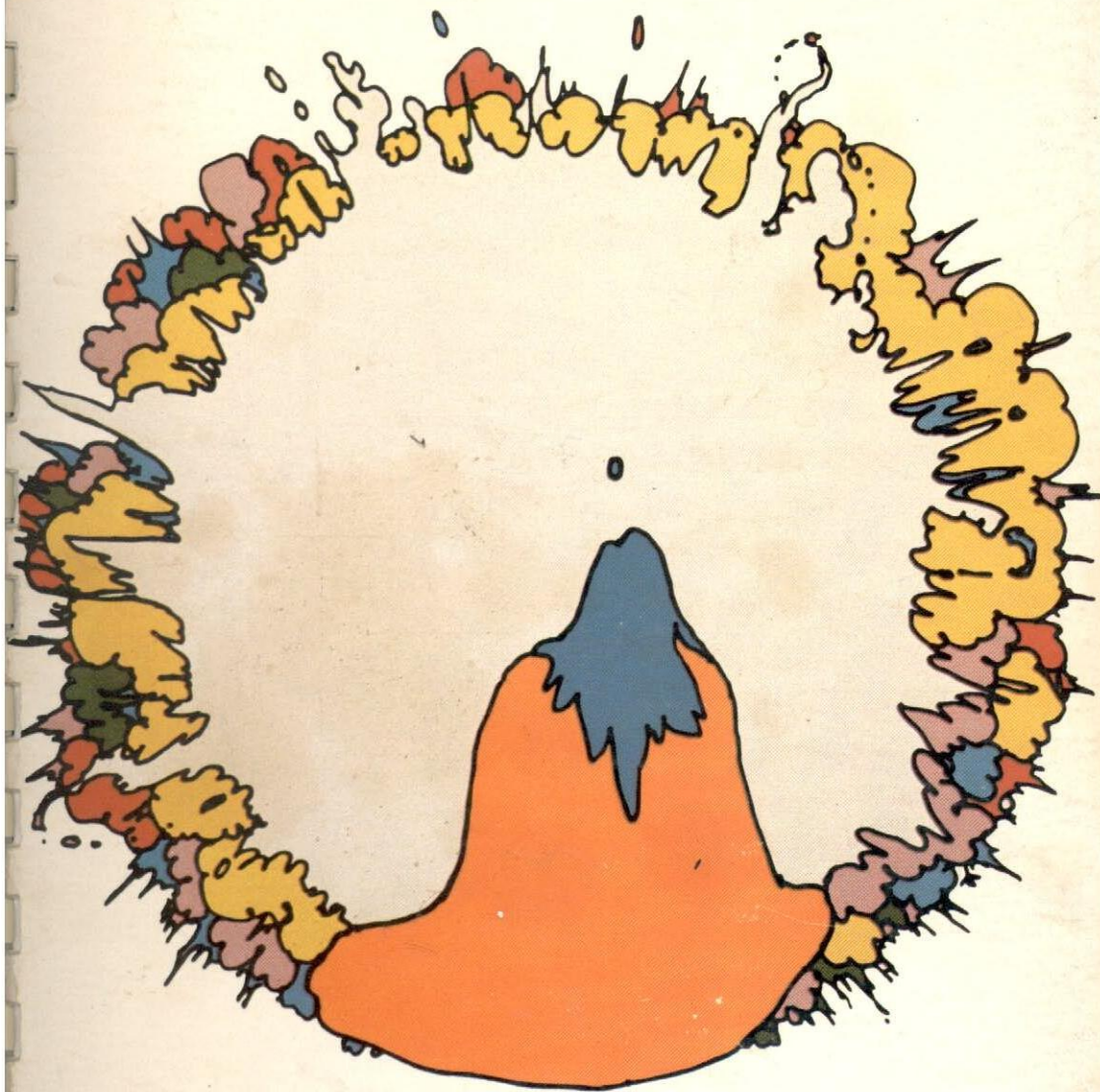


# LIGHT EATING FOR SURVIVAL



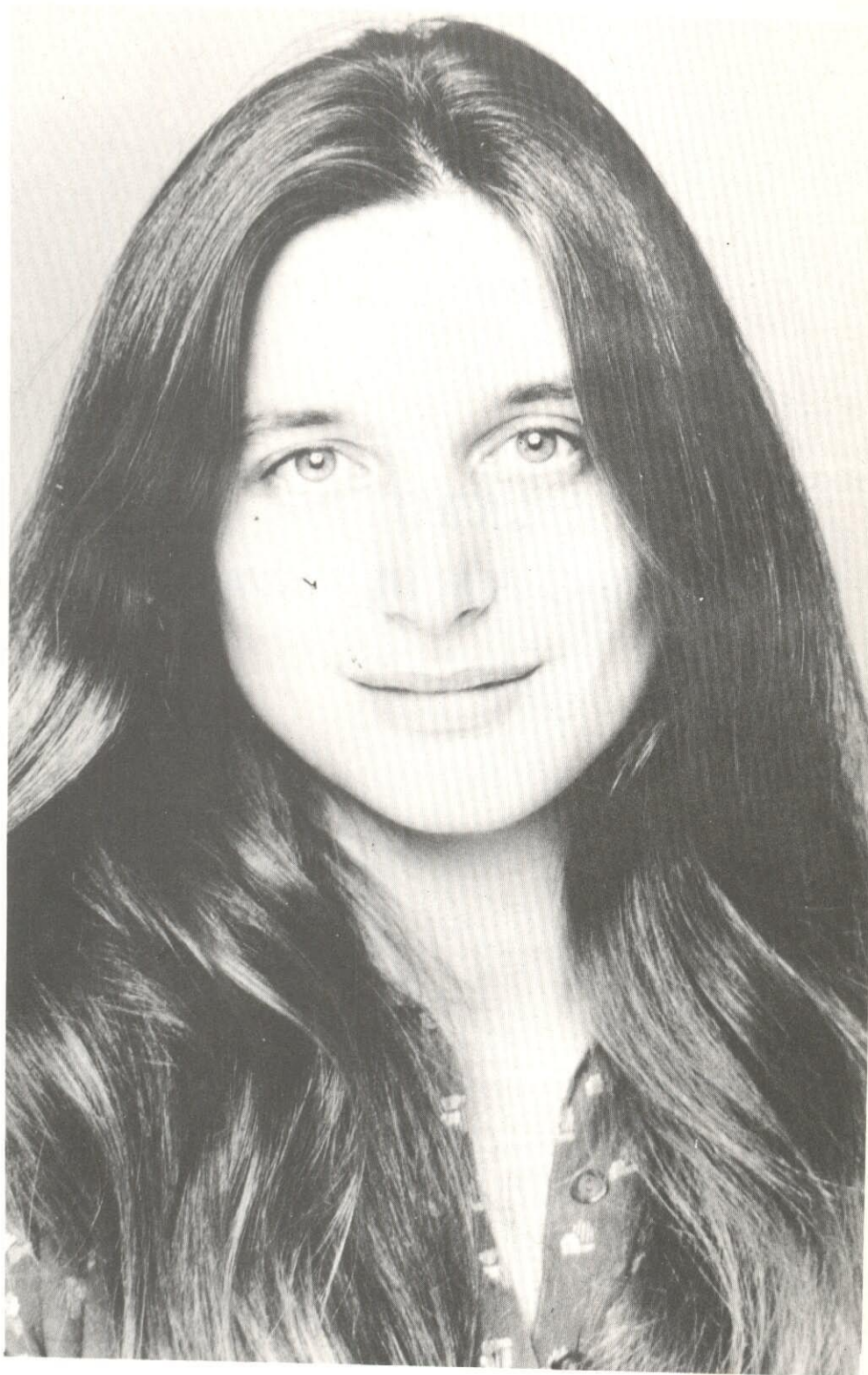
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1978

by Marcia Madhuri Acciardo

introduction by Swami Satchidanandaji Maharaj

preface by Viktoras Kulvinskas M.S.

LIGHT  
EATING FOR SURVIVAL



Marcia Madhuri Acciardo



\$5.95

# LIGHT EATING FOR SURVIVAL



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*Special thanks to Paul Winter for his  
inspirational new age music and love  
....the staff.*

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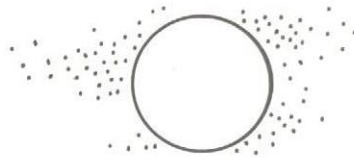
*The author and publisher assume no responsibility for  
any negative effects from the use of any information in  
this book. The reader is solely responsible as a result of  
not heeding our caution to change one's diet gradually.*  
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## ACKNOWLEDGEMENTS

To Atman, the divine self. The angel of divine vision.  
You have given me so much. I fall at the feet of your  
mercy and love.

Om Shanthi, Shanthi, Shanthi



Eternal love and devotion to Sister Bala Chaitanya for  
her most blissful sketches.

My sincerest thanks to Swami Vidyananda and the  
whole cosmic Integral Family for their guidance, and  
for giving me permission to use His words.

God Bless Swami Vivekananda for leading us in  
chanting, the sweet name of God.



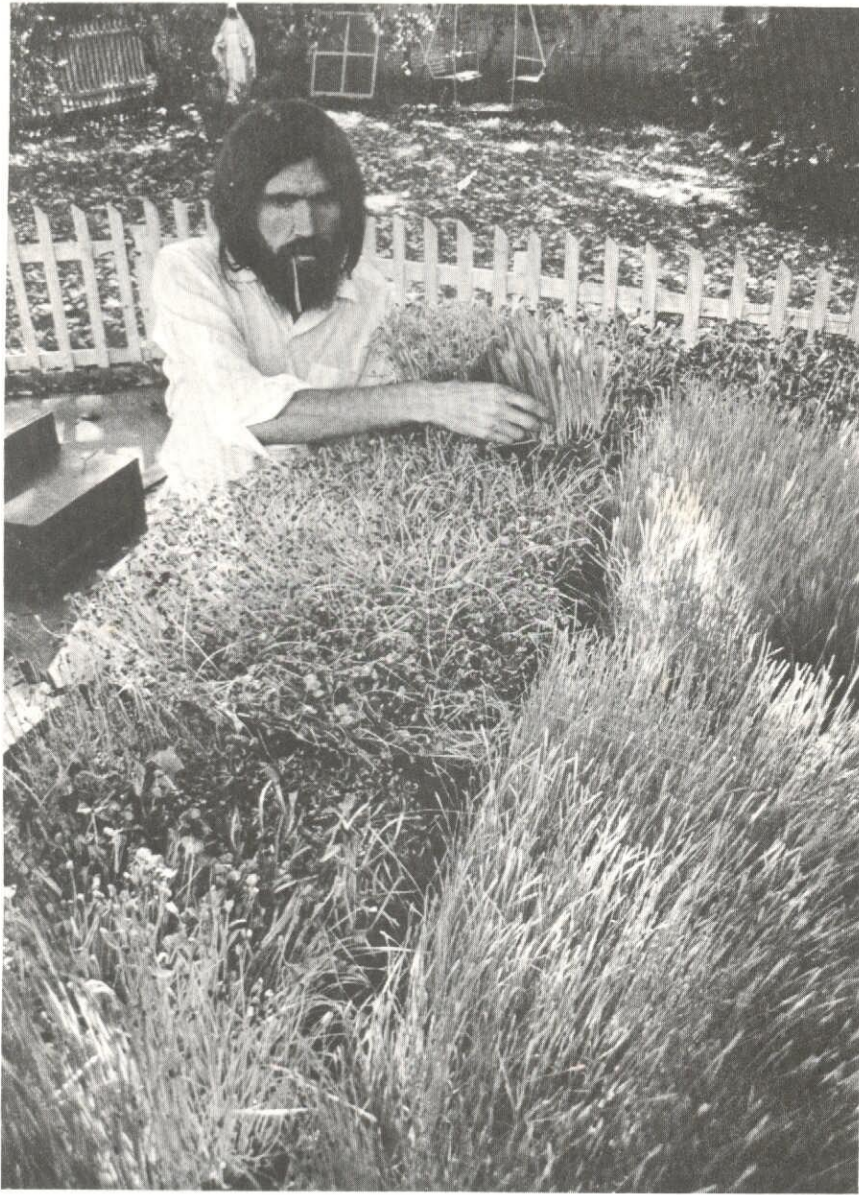
May we all be one in Sat chit ananda.



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*My sincere thanks to Viktoras, without his  
love and support, this book would never have been completed.*

*All Love All Ways*



*Viktoras Kulvinskis*

*Gardening For Life*

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## Preface

I have long felt the need for a live food book which can satisfy the health conscious public that is looking for a tasty way to make a change into the new age, low-stress diet based on nature's predigested vegetarian foods.

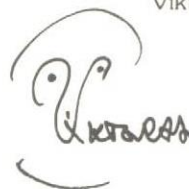
Marcia Acciardo's book exceeds my highest expectations. I witnessed her magic performances in many salad bars as she transformed a few simple ingredients into a melody of rainbow colors, heightened by herbal fragrance, which delighted the palate and provided optimal nutrition. I was so pleased when she decided to share this magic in a book. Her preparations make it easy to substitute natural foods without having the shock of sensory withdrawal while giving up the overspiced, processed dead foods. Her attitude is "let the sun do the cooking in the fields while we use the stove sparingly."

Marcia is not an evangelist. She is a teaching. You learn by what she does, and she does it well. Everyone who feels her energy is transformed. Love seems to be the music she plays. The vegetables dance, the sauces whirl and the folks become one in spirit. The food becomes secondary. Often, the salads have to sit through dozens of mantras and blessings as the group consciousness dines on solar food. After such appetizers, the meal that follows is frugal, simple, satisfying and high.

We are living in an age where eating lots of raw foods is essential. Cooking destroys many of the vitamins, all of the enzymes, chelated minerals, nucleic acids and chlorophyll. The heat disorganizes the protein structure, leading to deficiency of some of the essential amino acids. The complete protein starvation contributes to premature aging. To compensate this, many individuals eat lots of protein foods which stress the eliminative organs with much waste. The build up of waste eventually leads to degenerative diseases. All cooked foods induce an infectious condition. White blood cells increase significantly after such a meal. If the diet is at least 80 per cent raw this does not occur. Man is the only animal that cooks food and is the most diseased creature. Researchers all over the world are showing us that the body is self healing when it is nourished on living foods and fresh juices.

Please share this book with someone you love or is in need of love.

Love for all times,  
Viktoras Kulvinskas



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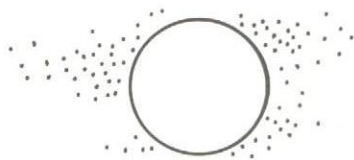
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*Beginning with these words of Swami Satchidananda that I feel best express a balanced diet philosophy. I wish to thank Satchidananda Ashram, Yogaville East for giving me permission to reprint them. I also wish to sincerely thank Swamiji for his spiritual guidance and support that helped me to complete this book.*

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## YOGIC DIET

*by Sri Swami Satchidanandaji Maharaj*

A normal diet should give us physical energy and all that is necessary for the body, but the benefit of the diet does not end there. Today, we do not think very much about the different qualities of food and its effect on the mind. In Eastern thinking, even the food is divided into three groups according to the three gunas: Sattwa, Rajas, and Tamas. Sattwa is the tranquil state; Rajas the very active state, and Tamas the state of inertia or dullness. Diets also give us these qualities; they have their say over the mind. That is why the Bhagavad Gita devotes so much time to the qualities of different diets. There are three conditions that food should meet: it should help your mind maintain its tranquility; it should not stiffen the body

with toxins; and it should be able to be digested quickly without wasting a lot of energy. It should also be prepared and brought to the dining table with minimum amount of time and expense, and the plates should be able to be washed with minimum time.

Foods that are natural, not very spicy, sour, or hot are considered to be Sattwic. This includes fruits, nuts, milk and milk products, steamed vegetables, cooked grains, beans, and cereals. When the same products are mixed with a lot of spices and become sour or hot, they become Rajasic. That means they create a restlessness in the mind.





Our main object is to keep the mind in a tranquil condition. So we use the aid of everything in our daily lives to retain that tranquility. Therefore, food is taken into serious consideration. Rajasic food also includes meat and flesh. Animal food or flesh is already dead matter. Anything that is dead will begin to decompose immediately – it decays. So you are eating dead matter, whereas a vegetable is still a living organism. Take a potato, eat half and put the other half into ten pieces. If you plant the pieces, you will get ten potato plants. Vegetables, while they may get dehydrated, never decompose. Also, as doctors agree, animal fat leaves more toxins in the system than vegetables and a lot of urine which gives rise to cholesterol.

To see the difference between the mental qualities of the different foods, go to the zoo and look at the animals. Some are quiet and passive and do not need a very strong fence. Sometimes they are even let loose. Generally, those animals are the vegetarians. The animals who eat flesh are more wild and restless and they are put in stronger cages. Even within the cage they just roam here and there; they show their restlessness. It is mainly because of their diet. And you can smell the odor from their tongue, mouth, and excreta. Whereas the vegetarian animals – like goats, cows, bulls and elephants – never smell bad, the non-vegetarian animals do. Even the sweat of human beings has its odor according to the diet. With the proper diet, the sweat can even smell like a scent, like sandalwood.

Above all these things is the feeling that you are not killing anything, any developed conscious life, for your sake. Everytime you eat something, you kill something no doubt. But it is the violence,

the pain that you cause to animals that is felt more than the pain you cause to vegetables. From all these points, we should find out which diet is good for us both physically and mentally. By such an analysis, you always come to the conclusion that natural vegetables, fruits, milk and milk products, taken in the proper way and quantity, will be very helpful. Even Sattvic food, taken beyond the limitation and needs of the system, can create inertia. So the quality of the food, the quantity, and the way of eating it – all should be considered in order to get the maximum benefit for our daily use.

We learn many things from the animals and birds. They eat natural foods and never have to go to a doctor. They never take pills for constipation, insomnia, or to get rid of gas. It is because they live according to nature. Mahatma Gandhi used to say very often, "Go back to nature. You will enjoy everything good." We have become unnatural in many respects – our food is artificial, our dress is artificial, even our thinking has become artificial. That is why we come across all sorts of complications and difficulties. So the aim of Yoga is to go back to nature, to lead a very natural life. Have simple foods, simple dress, simple living. In the natural way the mind will have "high" thinking. Once we start living simply, we will have the time to think high.

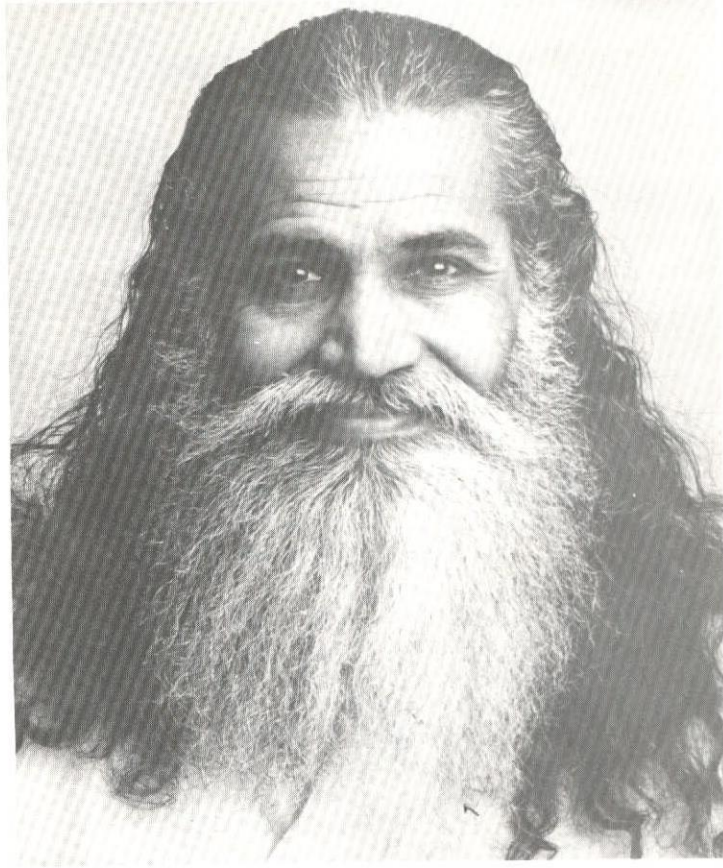
There should be a tranquility in everything, a limitation in everything. Yoga is not for the person who eats too much or fasts excessively. Going to the extremes may even be easy, but to have the middle path is difficult. Just as we should think in a Yogic way, we should eat in a Yogic way. All our actions, thoughts, and words should be Yogic. Then you will see that your life is completely transformed.

**Jai Gurudev!**



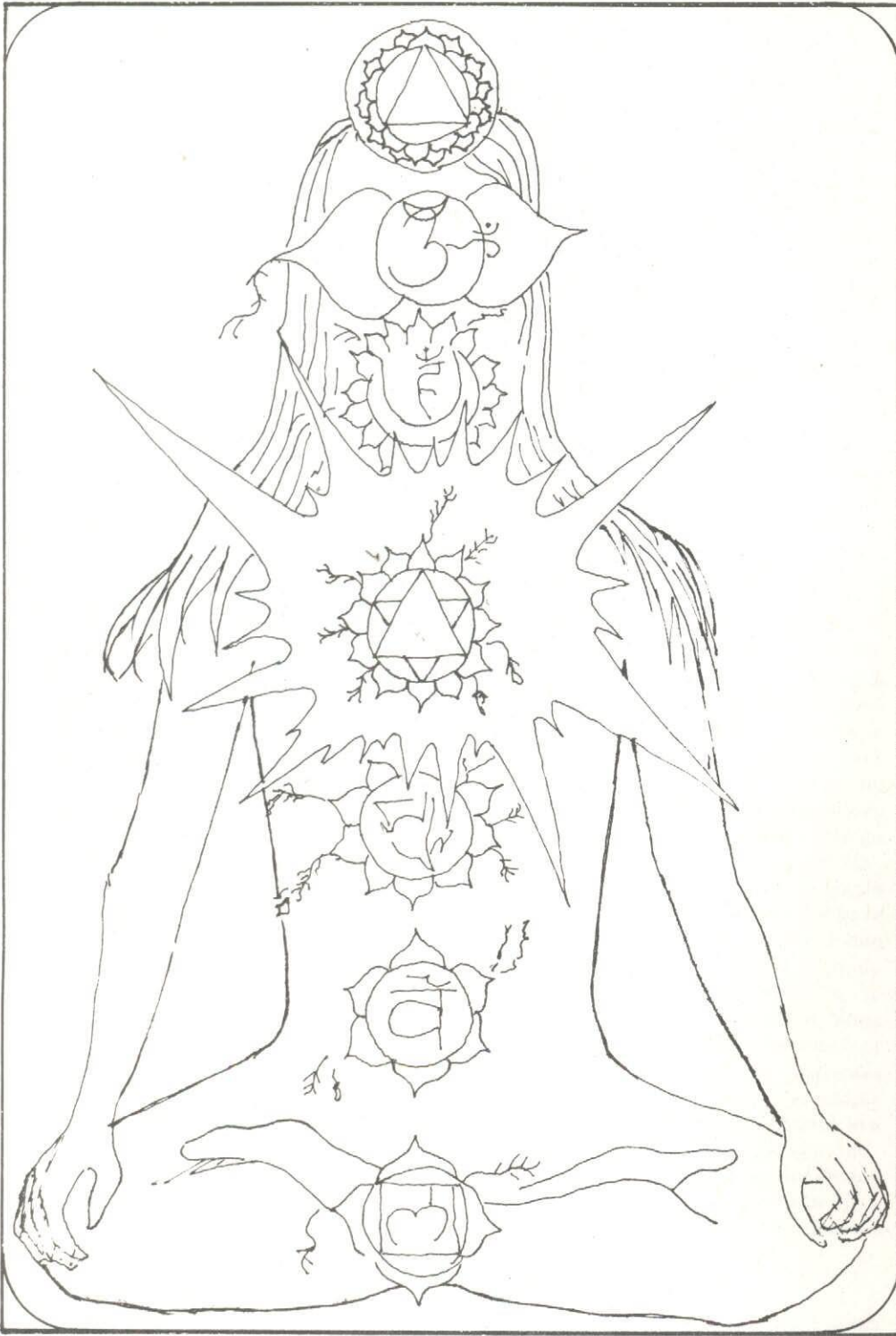
Sri Swami Satchidanandaji Maharaj

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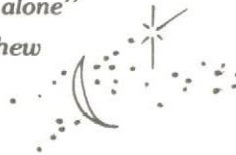
Yoga is experiencing God



## Food For Thought

*"Man shall not live by bread alone"*

*Mathew*



*Total health is not just proper diet. We should also practice proper breathing, yoga and meditation. It is only through total body purity that one can reach true harmony with the universe on all levels. Being whole is a balance of the body, mind and spirit; the total of our being. This balance is essential for happiness.*

*It is not what we eat, but what we digest. Eat the foods that agree with you, and be happy with yourself. Joyfulness aids digestion. Enjoy your life and every part of it. There is so much to be thankful for. God has given us everything. Let us take care of our bodies, the Earth as our body, and all that God has provided.*

*Being aware that we are all of one Spirit brings great joy. When our bodies are full of the Light and the Spirit, love fills our hearts with joy; there is little need of food for nourishment. Let us then plant seeds of peace.*

*I have named this book in honor of the Light that shines within us all.*

*OM Shanthi,  
Shanthi,  
Shanthi*



## Elimination

Exercise is a very important part of a healthy diet. Without proper exercise there is no good elimination. Oxygen is utilized by the whole body. Breathing exercises and yoga are excellent. If you do not use your body, you will surely lose it.

When we start to purify our bodies there is an increase of toxic elimination. These toxins are from years of improper eating habits. Toxins are eliminated through the mouth, ears, skin, lungs, kidneys, intestines and mind. Heavy elimination is not desirable for pregnant or nursing mothers. They should wait till the child is independent after weaning but can add greens, sprouts, and carrot juice to their diet.

Healing crisis are expected to occur. This is a healthy sign that the body is working to clean out all unwanted debris. You will probably feel weaker than ever before. Don't worry. After each healing crisis you will feel stronger. More light and life will radiate through your whole body. This will give you faith and strength to help others during their crisis.

Eventually, you will find that your body does not require as much food as you once thought it did. This is because most people do not assimilate the food that they eat. The walls of the intestines are packed with toxic debris that is stopping digestion and assimilation. Often people find enemas and colonic irrigations useful for cleaning out the walls of the intestinal tract. Wheatgrass implants are then very healing for rejuvenating the colon.

Fasting is the most natural method of self healing. A one day a week fast gives balance to one's life. This gives the body a chance to catch up on digestive functions and give energy to other important parts (heart and head centers.) True fasting is either a dry fast or a water fast. For the latter, spring or distilled water should be used. It is best not to fast for more than seven days without supervision. For less drastic cleansing a juice fast is recommended.

## Cleansing Diet

It is always best to take into consideration your body's present condition and diet. Don't try to diagnose yourself without proper training. Take your time in detoxifying. It is not a race. A moderate transition is much more desirable. If this is the first time you have heard of the living foods program, gradually start eliminating undesirable foods and adding more chlorophyll rich foods to your diet.

There is no substitute for greens in the diet. Fruit diets are very cleansing but can be too drastic for an overly toxic person. If boils or skin eruptions should happen during fruit fasts, (especially citrus,) please remember to add greens right away. Greens are by far your best bet for health insurance.

The recipes given are for introducing raw food preparation. A total raw food diet is not necessary. There truly is no need for recipes in a natural diet. It is much more fun to improvise with the foods that are growing around you. For people who have not experienced total freedom in the kitchen I hope that these recipes whet your appetite for creative natural food preparation.

Eat foods that are lighter and easier to digest before heavier foods. Respect the food chain: water—juice—fruit—sprouts—vegetables—seeds—nuts—grains.

Be conscious while you eat. Eat only when you are really hungry. Calm yourself and bless your food. Chew your food well, until it becomes liquid in your mouth. Do not be a slave to any diet theory.



## Diet Consciousness

It is not what you eat but how you eat it. If you eat with love then your body will become a temple of love.

Ideally, we would all be living in the mountains, breathing fresh air and getting plenty of sunshine. Our days would be spent outside with lots of exercise and meditation. In reality many of us live in a city, under the worst environmental conditions. We need to educate ourselves through the study of books and the help of teachers on how to take proper care of our bodies.

Our body is our home. We must clean up after ourselves every day. All the elements we need for a healthy body are found abundantly in nature. A healthy person will not get sick. If we eat our foods as nature has prepared them for us, they are naturally balanced. Refinement or cooking destroys this balance and life element. We should use the whole plant or fruit, not throw out the peels or core as they are integral parts.

Chlorophyll contains the Light and energy of the sun. It is stored in all plants and fruits that we eat. In reality it is this very light that we obtain energy from to nourish us. Foods highest in chlorophyll are green.

It is important to remember that all fruits and vegetables should be sun ripened and organically grown. The sooner the produce is utilized after harvest, the more alive and nutritious it is. That is why the grasses and sprouts that can be grown year round in any home are so beneficial.

Join already existing food coops for bulk organic seeds and produce, or start one yourself. Make a room in your house that is dry, cool, and dark for storage.



## Color Vibrations

Colors effect different energy centers in our body.

**RED** signifies the lower chakras, the sexual organs. They are blood foods; physical, sensual and warming.

**ORANGE** and **YELLOW** aid in our digestion, in the intestines and stomach, relieving gas and headaches. It is a radiant energy full of the sun's glory and is very cheerful. These foods can also loosen mucous and calcium deposits from the body.

**GREEN** is the heart color and is full of love and peace. It is significant in growing and balance and can help with all emotional problems.

**BLUE** is the sign of the lungs and link between the heaven and earth. Fresh air and proper breathing control the nerves.

**PURPLE** is inspiring and spiritual food for the mind. It is for meditation and quiet. It is etheric, electric and full of Light.



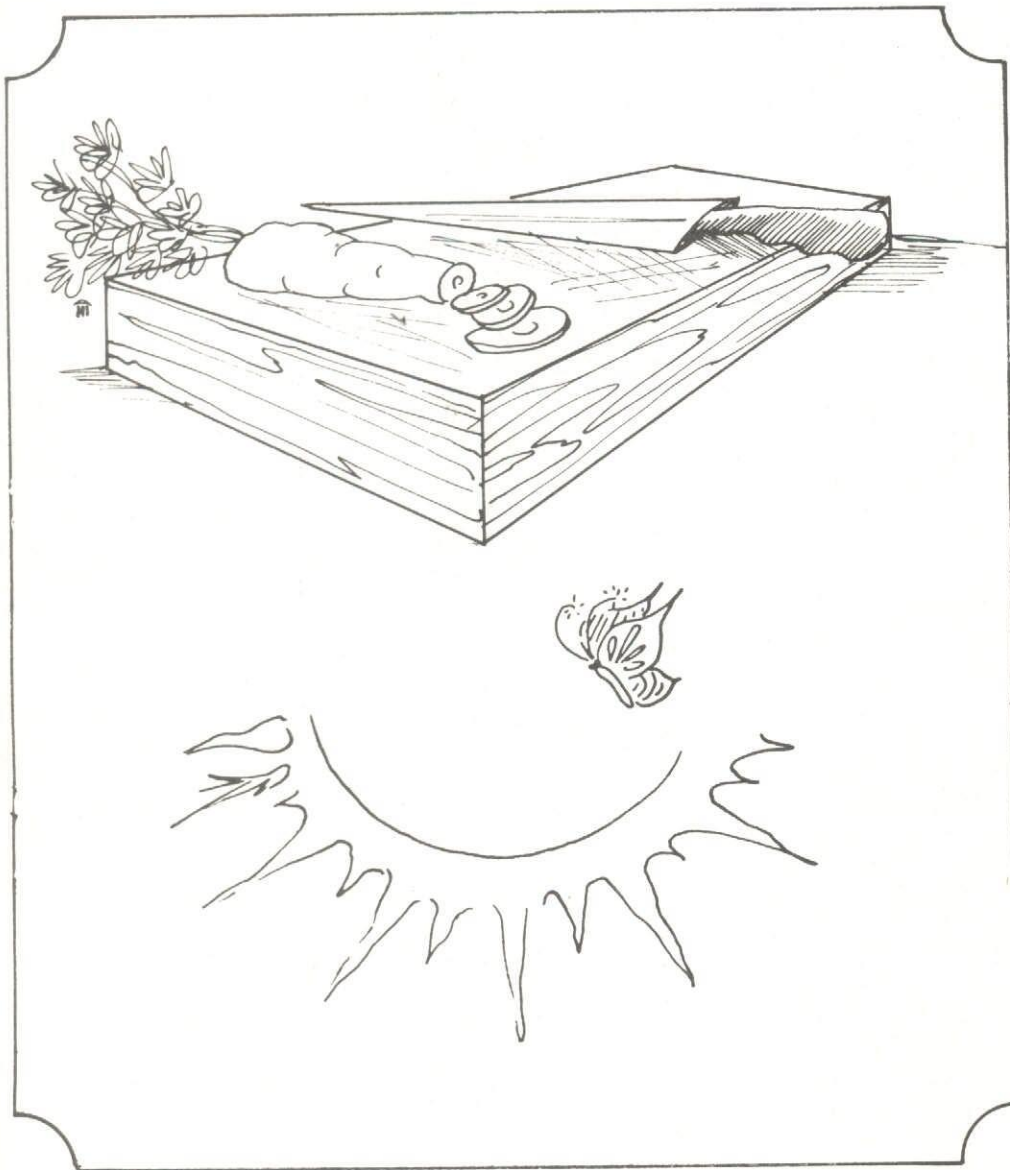
## Utensils

Wooden chopping boards are a must wherever you are. The bigger the better. Take care of it by cleaning and oiling it frequently.

Wooden spoons and all wooden utensils (bowls, chopsticks) are superior to any metal. They help prepare a much healthier taste to your food.

Strainers of all sizes will be utilized in the following recipes.

Food and grain mills can be operated by hand. They grind dried seeds, nuts, grains, and dried fruit. They are a great investment and will last forever.





Quick mills are electric and save time. They grind  $\frac{1}{2}$  cup at a time and are good for quick results.

Blenders are needed for smoothies, soups and sauces. They add a whole new dimension to the raw food diet. Glass pyrex tops are the best.

Shredders add a great variety of textures in all salads. Any kind that is not aluminum will do.

Juicers are a must for fresh juice. There is not substitute in a bottle.

Distillers are especially needed in the city because of the additives and pollution of the waters. They will change the total taste of all your foods.

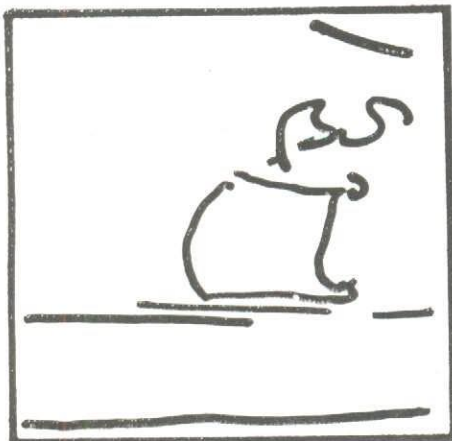
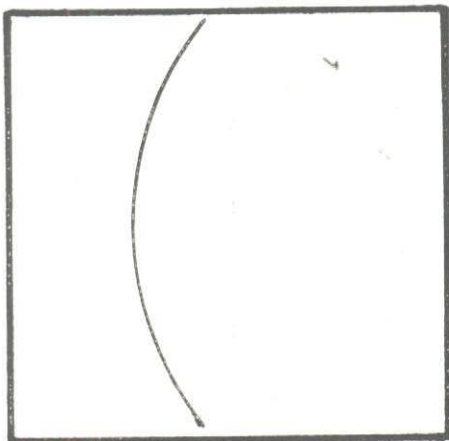
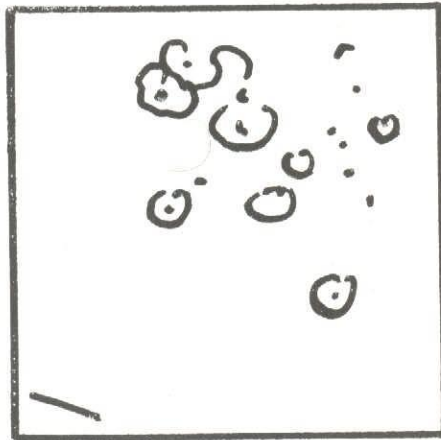
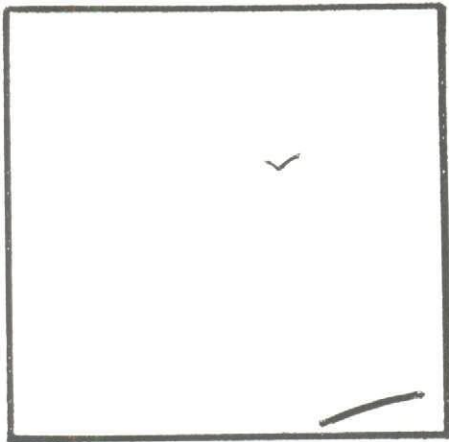
Sprouters can be made from glass jars with screens on the top or in trays with holes on the bottom and rinse thoroughly.

Solar ovens are in every sky. It will never burn any of your food but will add energy and great taste. Utilize this free gift often. The sun can be used for making cheese, yogurt, bread, distilled water, tea, and for dehydrating foods for the winter.





# SUN FOODS



## New Age Foods

**KELP** is used as a substitute for salt. Try and train your tastes to the natural salts that are provided by nature in her foods. Gradually you will not need so much kelp. It is however, a valuable source of iodine and many trace minerals.

**HONEY** should not be used too frequently, but is a good substitute for sugar. There are natural sugars in all fruits. They are best unsweetened. Try and train yourself from the bad habit of too many sweets.

**CAYENNE**, a red hot pepper, aids in circulation, digestion, and just about everything. It is a fine stimulant, and aids in elimination. However, it should be used in moderation.

**GARLIC** is one of the most famous healing herbs in the world known for killing intestinal germs and protecting us from werewolves. Garlic is a strong astringent and adds great flavor to all recipes. It does increase the appetite though and is not recommended for those practicing meditation.

**BEE POLLEN** is the pollen that the bees collect for their hives from flowers. It is highly concentrated and energy packed and should not be eaten in excess.

**LECITHIN** is an excellent substitute for eggs in most recipes. It is, however, a processed food. Please observe this and use in moderation.

**BEET POWDER** is a dried concentrated form of beets. It is great for adding to salads and dressings when fresh beets are not available. It is quite sweet and a good substitute for honey in a dressing.

**SLIPPERY ELM** can be used to thicken puddings and sauces. It has a laxative effect and a great flavor.

**GRASS POWDER** is dried grasses that retain the chlorophyll principle. They are excellent for travelling.

**BREWERS YEAST** is an excellent seasoning. Adds slightly bitter taste to salads and dressings.

**RAW CAROB POWDER** is a great substitute for chocolate, without any harmful toxic effects.

### COLD PRESSED OLIVE OIL

When olive oil has been cold pressed it still contains the green chlorophyll and is the best oil to use. Other oils have been heat treated and are very hard to digest. Their labels read "cold pressed" but unfortunately they have not retained their natural balance.

Sources for good quality olive oil are given in the back of the book. It is best to buy the smaller containers unless you are living in a large group. Use this pure oil in full consciousness of its high concentration.

Olive oil is excellent for dry itchy skin. It can be used for massages or hair treatments. It can provide nourishment through the skin. Massages are best when given in the sunlight.

Olive oil stimulates the liver and aids in detoxification. Olive oil is a good transition from all oils and butter. Try to cut down on your intake of oils as they are provided naturally within nature's foods.



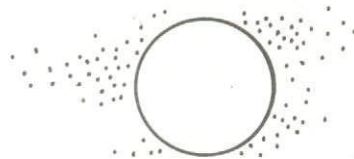
## Rejuvelac

Rejuvelac is a delicious enzyme-packed drink made from soaked grains. It contains vitamins B complex, K, E, lactic acid and water soluble minerals. It aids in digestion and acts as protection against harmful bacteria in the intestinal tract. Spring or distilled water is best to use for soaking. It allows the rejuvelac to stay active up to two months if the seeds are of good quality. All soaking water from seeds (not beans) and dried fruit is good to drink.

If your rejuvelac has an offensive odor or bad taste, pour off the water and start again. If it reoccurs compost the seeds and start new ones. Good rejuvelac has a pleasant odor and tastes somewhat lemonish and sour. For variations add your favorite herbs or seasonings.

### DIRECTIONS:

- 1) Find a warm place to ferment. The best temperature is between 60—80° F.
- 2) Always rinse your seeds first and use the best quality organically grown seeds.
- 3) Use one cup of grain to two cups of water. Wheat is more commonly used but you can also try rye, triticale, millet, oat, brown rice, barley or buckwheat.
- 4) Soak seeds for 24 hours covered.
- 5) Drain and refrigerate soaked water (rejuvelac) for drinking and for use in any food preparation that calls for water.
- 6) Add the same amount of water as before and repeat the process.



## Sprouts

Why use sprouts? They are very inexpensive organic food. One pound of seed will produce 4 to 10 pounds of high energy rejuvenating food. It is predigested protein in the form of amino acids; the starch has become sugar, simple fats appear to insure good assimilation. During the growth, enzymes increase up to 20 times and become rich in Laetrile (anti-cancer vitamin) and Vitamin B12. It supplies you with complete protein, as well as all other vitamins, and serves as a source of essential minerals. Sprouts are one of the finest foods and should be used often.

Be sure to buy high quality organic seeds for your sprouting. This will insure you healthy nutritious sprouts. Choose your own favorite sprouting container. You can use glass jars, plastic trays, or buckets or manufactured sprouters. Anything will do. Be sure to rinse all seeds before soaking. You may want to save your soaking water for drinks, soups or sauces as it is high in enzymes. The time for soaking and sprouting vary with each seed and according to the environment. Sprouts are best kept in the dark during the early stages in a warm space (70—80°f). Do not overcrowd your jars. Pick out any damaged or spoiled seeds. Rinse them regularly with lukewarm water unless you are in a hot climate. Then it is important that the sprouts are not too hot and should be rinsed more often with cold water.



## Sprouts

**ALFALFA** is the most common sprout. They are delicate, tender, and a perfect blood builder. Soak seeds 3–5 hours, drain and rinse twice a day.

On the 4th day fill sink with water and soak sprouts. Skim off the hulls that will float to the top of the water with a strainer or screen. Place the sprouts back in their container in direct or indirect sunlight for chlorophyll. (Plant light can be substituted if necessary). Soon the sprouts will blossom with green flowers. Maturity of the sprouts is reached in 4–5 days depending on the weather and times of rinsing. After they are full grown, refrigerate them dry and they should last 1 to 2 weeks.

**RED CLOVER** sprouts are grown just like alfalfa, the only difference is that they are lighter in color and sweeter in taste. They are great for liver and pancreas rejuvenation.

**RADISH** sprouts are great for flavoring and are also a good liver cleanser. Soak for five hours and rinse twice a day. They are ready in 3 to 5 days.

**FLAX SEEDS** are known as a good laxative and can be easily sprouted. Do not soak and use just enough water to keep moist. They will be ready in 3 to 4 days. Soak in water to remove hulls.

**FENUGREEK** sprouts are great blood and liver cleansers. They have a strong flavor. Soak 6–8 hours. Strain and rinse two or three times a day. They will be ready in 3 to 4 days. Be sure to keep moist.

**LENTIL SEEDS** are starchy but when they are sprouted the starches are converted to sugars. Lentil are very easy to sprout and do not require that much care. Soak for 8–12 hours. Strain and rinse twice a day. They will be ready in 2 to 3 days.

**SUNFLOWER** or **PUMPKIN SEEDS** are a rich source of vitamins. You can either sprout them hulled or unhulled. If hulled, soak 3–6 hours and rinse twice a day for no longer than two days. If unhulled they should be soaked for 8 hours.

**MUNG BEAN** sprouts are found in many grocery stores as well as Chinese restaurants and health food stores. They can be grown at home. Soak 8–12 hours. Place in a dark container or in the dark. Rinse 2 times a day. They are very sensitive sprouts and you should be gentle with them. They will be ready in 4 or 5 days.

**WHEAT** sprouts or any **GRAIN** sprouts are super sweet. Much of the starch in the grains are converted to sugars in the sprouting process. Soak for 15 hours. Strain and rinse very little, just enough to keep moist. They will be ready in 3 to 4 days.

**SPROUT SALAD:** Soak 4 tbsp. mung, 1 tbsp. lentil, 1 tbsp. alfalfa, 1 tbsp. fenugreek, for 8 to 12 hours. Pour off water. Rinse and drain 2 times a day. Ready in 4 to 6 days.



## Grasses

Grass juice is a rich green chlorophyll drink that is extremely high in enzymes and nutrition. The structure of the chlorophyll cell is almost identical to the structure of our hemoglobin blood cell. When chlorophyll is added to the diet it increases the red blood corpuscles and hemoglobin. Pure chlorophyll has been used therapeutically for a wide variety of disorders and has no toxic side effect.

Grass juice will help to build a clean bloodstream and aid in proper digestion. It is also an excellent mouthwash and draws out toxins from the gums and teeth. It is great for blood disorders of all kinds, including anemia.

Wheat grass has a very sweet taste and should be used immediately after juicing. You should start off with small amounts of juice and increase slowly. It is a powerful cleanser and may cause nausea in the stomach. This is a sign that it has started working on the toxins in the stomach and that you should drink the juice regularly.

Wheat grass is an excellent skin cleanser and can be absorbed through the skin for nutrition. A bath with about a pint to a quart of grass juice is fantastic. Using your hands or a washcloth, rinse your body thoroughly with the green juice standing in a bath tub filled with five inches of warm water. The grass juice will draw out toxins and feed oxygen to all the cells. It is fantastic for skin blemishes of all kinds. When thoroughly covered with the juice, pour the remainder into the tub and soak for 15–20 minutes adding more warm water if necessary. Rinse off with a cold shower and you will tingle all over with your new body.

Wheat grass implants are great for healing and detoxifying the colon walls. After a colonic irrigation or enema, follow with a 4 to 8 oz. grass juice enema and retain for 20 minutes. Often, if the colon has been successfully cleansed, you will retain most of the juice.

This is a good sign. Enemas are a transitional aid in cleansing the body. Herbal teas may also be used. You will not need them once the toxins have been eliminated and you are maintaining a balanced diet. Other yoga techniques may be used for emptying the intestines. Do what feels best to you.

Grasses can be grown year round in any apartment or house, city or country. They are one of nature's finest foods and are completely balanced with minerals and vitamins. They are alive, fresh, and feed oxygen and prana to your body. Sunflower greens are one of my favorites for salads. If you have never had any grass, why not try this one? Be sure that your seeds have not been hulled. You can use bird seed variety available in most grocery stores.

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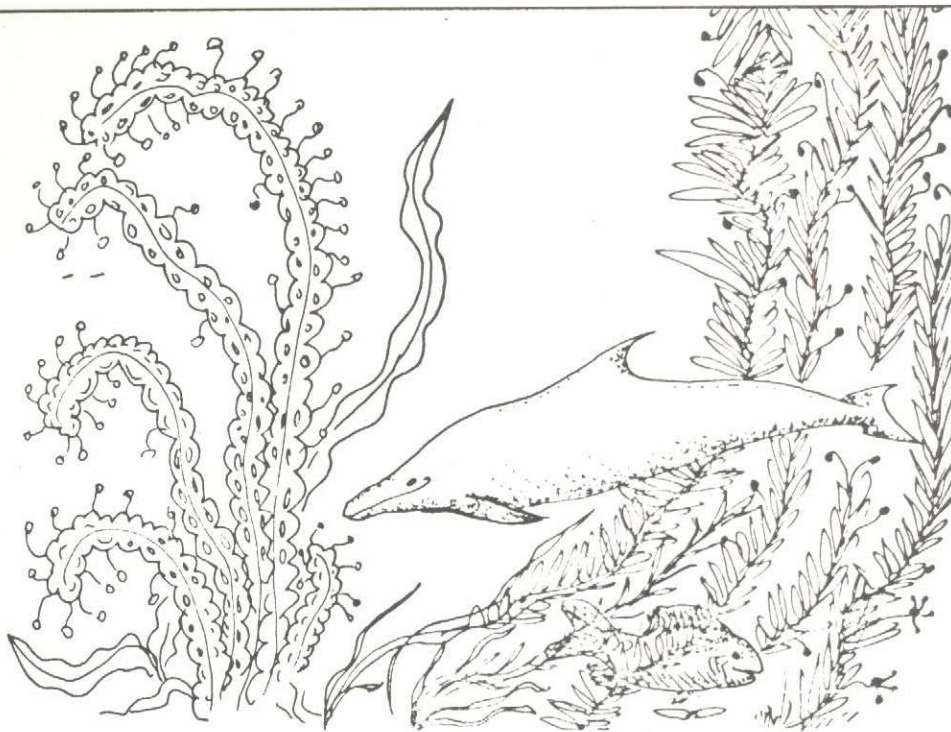
## Growing Grasses

You can use different seeds for grasses. Start with the most common ones and experiment. Whole wheat, rye, alfalfa, corn, millet, barley, or oat grass are best for juicing. Unhulled sunflower or buckwheat, lentil, and mung bean are great greens for salads.

Soak 1 cup of seeds for 8–12 hours. Prepare soil. May use greenhouse top soil and peat moss mixed half and half. Mix in enough water to get soil wet. Place soil in pots or pans, trays, or grocery paper boxes up to 1 inch depth and lined with plastic. Be sure no puddles are on top. The soil can be 1/4 to 6 inches deep.

Spread seeds one layer across the soil. Cover with plastic tightly until grass is one inch high. Keep in direct or indirect sunlight until five to seven inches high. Cut close to the roots and use in salads or as juice. For salads, remove any hulls that may still be on the greens. Store any extra greens in a sealed container in the refrigerator or harvest as needed.





## Seaweeds

Seaweeds are fantastically valuable vegetables that have long been neglected in American diets. They are full of rich minerals, and trace elements that our body needs. The ocean is a wonderful healing environment. It is in the seaweed and algae that sunlight, the source of all life, is most easily accessible to us. Here the plant structures are simple and the sun's energy is readily released with minimal digestion.

Seaweeds are an excellent source of iodine that is not readily available in most foods. Iodine helps to build a healthy thyroid gland, and minerals help to build a strong and healthy structure. Be sure to rinse off any excess sea salt on your seaweeds before soaking.

I personally notice a dramatic increase in the growth of my own hair when I am eating seaweeds.

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**KELP** powder is a great substitute for salt and can be used daily.

**NORI** is pressed sheets of fine seaweed that are excellent for rolling up salads with your favorite dressings.

**HIJIKI** soaked in water has a marvelous flavor of the sea and can be used in any salad.

**DULSE** can be eaten as it is, dried, or may be soaked and used in sauces and soups for seasoning like kelp. Be sure to watch out for any seashells. The Scottish and Irish people have used this seaweed for centuries.

**WAKAME** and **KOMBU** must be soaked and chopped as they are of a thicker texture. They are good for making sauerkraut or in blended soups.

**SPIRULINA ALGAI** is an amazing energy food and an excellent source of chlorophyll and protein (about 60%). It was used extensively by the ancient Aztecs in Mexico and will increasingly be a New Age food source. It grows profusely on fresh water ponds and home cultivation is possible. It can be purchased in a powdered form and can be sprinkled as a salad condiment, soup, or smoothie base and high energy bar ingredient.



## Sun Cheeses

Seed milk ferments are bacteria predigested foods and are easy to assimilate. They are rich in enzymes, Vitamin B Complex, predigested protein and lactic acid.

Seed Yogurt can be eaten alone or used in drinks and dressings for either fruits or vegetables.

Seed Cheese is thicker and better for loaves and stuffings and wherever nut butters are used. Also good to eat with salads.

### Seed Yogurt

½ cup sunflower and/or sesame seeds  
1½ cup water or rejuvelac

Blend seeds and water to a creamy sauce. Cover loosely in porcelain or glass container and place in a warm spot in the sun or the warmest part of the home. You can also bring large pot of water to a boil and shut off. Place the jar in it but do not submerge. In 5 – 9 hours of fermentation it should be ready to use. Fermenting with rejuvelac takes less time than with water. Cover and refrigerate to stop fermentation. Blend with herbs and vegetables for dressings. See recipes.

### Seed Cheese

½ cup sunflower seeds and/or sesame seeds  
1 cup water or rejuvelac

Same recipe as above.

#### Variations:

Sunflower seeds are sweeter than sesame seeds and should be used in all combinations with other nuts; almonds, cashews, pumpkin, walnuts, etc.

### Soy Tofu

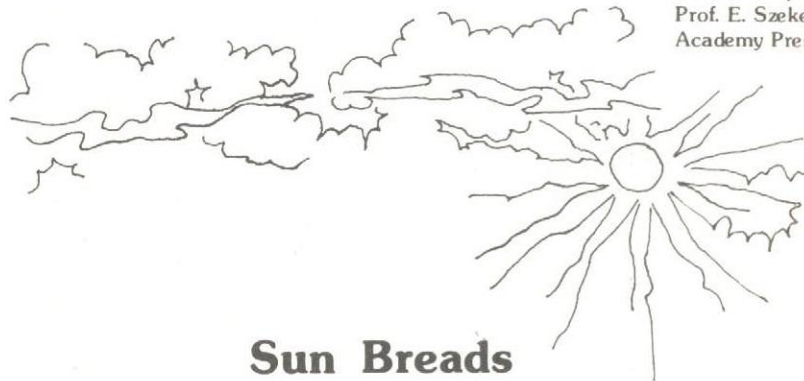
1 cup soybeans  
3 cups water

Remove any cracked, shriveled or off-colored beans.

Rinse and soak beans and water for 12 hours. Rinse beans again and replace the water. Let sit another 12 hours. Wash again. Blend with 2 cups of water or rejuvelac into creamy consistency. Place in a warm place. Ready in 4–8 hours. Press through cheesecloth and save whey for sauces or soups. Can be used instead of cooked tofu.

"Let the angels of God prepare your bread.  
 Moisten your wheat.  
 And leave it from morning to evening beneath the sun.  
 And the blessing of the angels of water, air and sunshine  
 will soon make the germ of life to sprout in your wheat.  
 Then crush your grain, and make thin wafers.  
 Put them back again beneath the sun . . .  
 and when it is risen to its highest in the heavens,  
 turn them over on the other side  
 and leave them there until the sun be set."

Essene Gospel of Peace  
 Prof. E. Szekely  
 Academy Press



## Sun Breads

Sun Bread is the ultimate substitute for baked bread as it is still full of life. It is very tasty and can be added to any meal. It is a heavy food and I rarely eat bread, but when I do, I thoroughly enjoy its flavor. All grains must be chewed thoroughly until they become liquified in the mouth to be well digested.

### Sun Bread

2 cups sprouted grain (wheat, rye, triticale, corn)

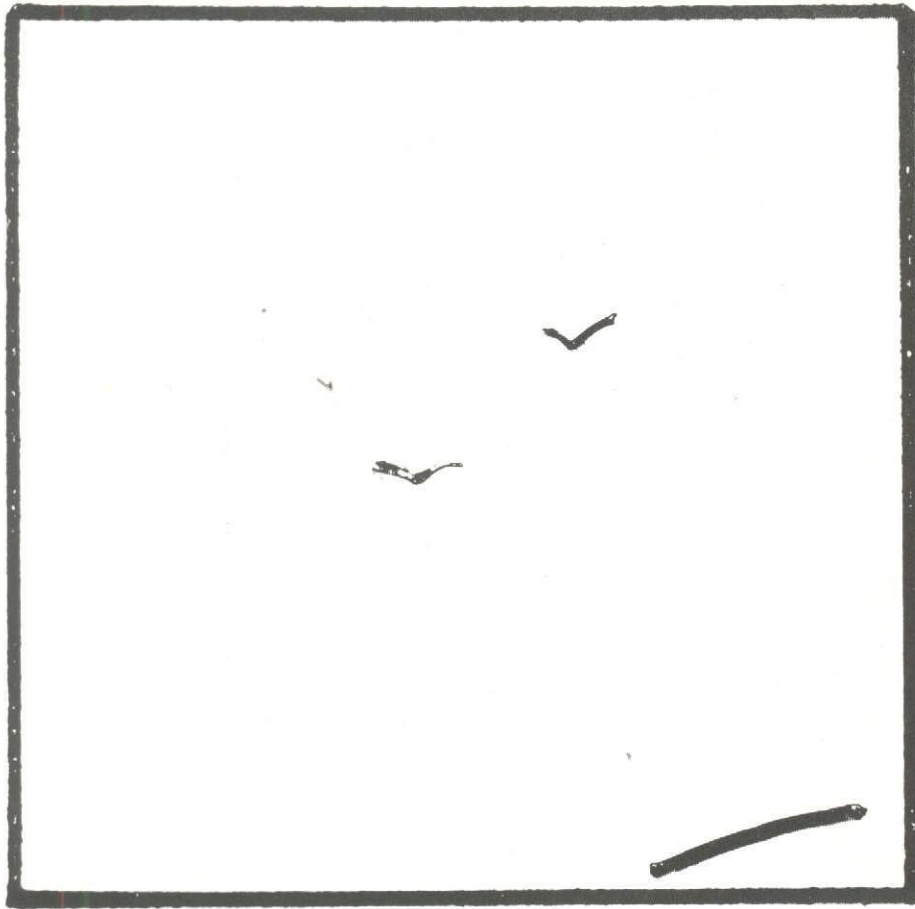
Run sprouted grain of your choice through grain mill or champion juicer or press thoroughly with a roller to make a dough. Oil a tray or dish and press out the dough. Shape as desired for wafers, or sandwiches. Place in the sun or in a warm spot in the house (above oven or heater) to dry. When the top side has dried, turn it over with a spatula and allow the other side to bake. If there is neither sun nor a sufficient warm spot, a low oven with the door open will do.

### Variations:

Seasonings of all kinds are delicious in sun bread; try kelp, thyme, caraway or cumin. Sesame seeds may be sprinkled on the oiled plate before pressing. Soaked dried fruit may also be added like raisins or dates.



## BEVERAGES



peter max©  
1978



## Water

Our bodies are made up of more than half water. We are constantly needing to cleanse and regenerate all of our organs and cells. It is best to drink freely one hour before or two to three hours after any given meal but not during. It is also important to bathe, shower or swim at least once a day to open up the pores of your skin. Always remember to rinse off with cold water after a hot shower, sweat or steam bath. This will prevent dirt from entering open pores and keep muscle tone.

Our waters have become polluted, contaminated, and chemicalized and are no longer safe to drink. The best water to use for all good preparation is spring or distilled water. There is plenty of organic water in fresh foods; but, if you should feel the need of drinking water, for best results, expose your spring or distilled water to sunlight for several hours; or soak it in dried or fresh fruit, vegetables or seeds. This will add live nutrients into the dead water.

## Live Juices

Our most natural supply of live organic water is in our fresh fruits and vegetables.

It is good to use all the skins of fresh organic produce. The best vitamins and minerals are just beneath the outer layer. Only orange peels should not be eaten or juiced. The orange oil in the peel is not easily digestible but the white skin beneath the peel is excellent and high in bioflavonoids.

Juices are a transitional food. There is no doubt that God has prepared our food in the manner that it should be eaten. However, there are many people suffering today with disharmony in the body from years of eating processed and impure foods. Juices will help in cleansing the systems and prepare your body for a natural diet consisting of whole organic fruits and vegetables. Juices are also beneficially used to nourish depleted bodies back to health. Do not drink your juices like water. Allow the juice to mix with the saliva in the mouth and chew, like it was the whole food. If you drink them too fast you will not benefit from them properly and will overload the kidneys and bladder.

The plant kingdom also contains more than half water and is in natural balance with our body needs. Live fruit and vegetable juices supply us with organic vitamins and minerals that are easily assimilated by our bodies. There is nothing more wonderful than drinking fresh juice. Bottled juices will never compare in their quality or taste. You should use only RIPE organic fruits and vegetables, preferably grown locally and in season. Use combinations that are most appealing to you. Add wheatgrass, sprouts, wild edible weeds, kelp and grass powder for nutritional aids.



## Juicers

There are very many different manufacturers and styles of Juicers and it is best to study them before your purchasing. Your juicer should last you a life time. You may however find the need for more than one or two styles.

The oldest method, before the invention of juice extractors, was to grate up fruits or vegetables or chop fine leafy greens, grasses or herbs and soak them in distilled water for an hour or two, then squeeze out the juice through layers of cheese cloth or muslin. Or you can use a blender. Just add  $\frac{1}{4}$  cup of water and chopped produce, blend, then squeeze through cloth.

The best machine method is using the triturator and hydraulic press for high quality juice. There are two models that I know of: Norwalk and K & K. The old hand pressed Norwalks are the best but are no longer made and are hard to find. The K & K resembles the original Norwalk design. These are expensive machines but remember that they will pay for themselves by extracting almost twice as much juice as any other machine. Any toxic sprays from inorganic produce will remain in the pulp. Any fibers in your juice may cause fermentation in the body if you are on a juice fast and you are not eating anything to push them through. The pressed juice of a Norwalk or K & K is fiber free and will last six hours covered and kept cool.

The Champion juicer is a flexible machine in the kitchen for making cakes, ferments, sunbread, nut butters and fruit ice creams. This juice needs to be carefully strained and the pulp may need to be run through the machine twice until dry.

The centrifugal juicers are great for travelling and for small spaces. This juice needs to be used immediately after juicing. Best known models available are the Phoenix and Miracle with pulp ejectors and the Acme with a pulp basket. The Acme can only make up to a quart before the basket needs emptying but is a good long lasting machine for the single person. From these units it is best to strain the juice before serving.

Greens and grasses should be juiced on a different type of machine (than vegetables or fruits), that does not oxidize them losing some of their precious enzyme magic. Health Fountain, Tutti Frutti and GMC Indian grass juicers are some models available. A meat grinder can also be utilized.

Poultices can be made from the pulp of the greens. Moisten the pulp with a little juice and cover cuts, boils, pimples, cysts, tumors, sprains, rashes and infections. Cover with a bandage and tape. Change when dry, about once or twice a day. Particularly good are comfrey or grass poultices, but any grass will do in an emergency.

## Juice Fasting

For purifying the body it is advisable to transition gradually. Short juice fasts from one to seven days are harmless and will aid in cleansing. I recommend one of these three juices for fasts. The addition of green drinks are always beneficial but can be too powerful at first for an overly toxic person.





*Sprout nest*

## **Carrot Juice**

Carrot juice is a delicious and very valuable alkalinizing juice. It is a good source of vitamins A, B, C, D, E and K, as well as calcium, magnesium, iron, phosphorus, sulphur, silicon and chlorine. These nutrients are easily assimilated by the body in juice form especially on an empty stomach. It is recommended for pregnant women, nursing mothers and small infants. It aids in liver and intestinal diseases, ulcer and cancer treatments and helps to normalize the whole body. A carrot juice fast of three to six days can be safely done by most people using one pint to one quart a day.

## **Apple Juice**

Apple juice is a natural blood purifier and is helpful for skin and liver disorders. It can be a great aid in losing weight as it aids in digestion and acts as a laxative. Best when eaten in season. One to three day apple juice fasts are good for cleansing.

## **Melon**

Melons are one of the easiest foods for the body to digest only if they are eaten by themselves. When one is juicing ripe melons, it is important to remember to juice the rind with the fruit. The rind contains excellent minerals and enzymes as well as chlorophyll. The juice of melons can be combined with a few fruits if you have strong digestion and do not eat any solid food with the juice. Melon fasts from one to three days are excellent for kidney cleansing. Eat the fruit and juice the rind.





## Green Drinks

Green drinks are very powerful, chlorophyll rich, healing juices that should become part of your regular nutritional cleansing program. Greens are very effective blood cleansers and blood builders. Chlorophyll cells are very similar to the hemoglobin blood cells of our bodies. Disease producing bacteria cannot live in the presence of oxygen or oxygen producing agents like chlorophyll. Green juices are the best health insurance one can find.

*Here is a good selection of greens, grasses and sprouts that can be used in any combination.*

### GREENS

BEET TOPS  
CELERY LEAVES  
TURNIP TOPS  
CHARD  
PARSLEY  
ENDIVE  
WATERCRESS  
DANDELION  
MINT  
BASIL  
SORREL  
LAMBS QUARTERS  
MULLEIN  
PLANTAIN  
CHICKWEED  
RED CLOVER  
COMFREY  
YELLOW DOCK  
SPINACH  
GREEN PEPPER

### GRASSES

WHEAT  
RYE  
TRITICALE  
CORN  
OAT  
BARLEY  
LENTIL  
ALFALFA  
BUCKWHEAT  
SUNFLOWER  
MILLET

### SPROUTS

ALFALFA  
RED CLOVER  
FENUGREEK  
LENTIL  
MUNGBEAN  
RADISH  
CELERY  
ONION  
GARLIC  
LETTUCE  
CABBAGE

#### Example juice combinations:

Alfalfa-Buckwheat-Wheatgrass;  
Dandelion-Sunflower grass-alfalfa;  
Wheatgrass-sunflower-Lambs quarters;  
Rye grass-red clover sprouts-buckwheat.

The juices may be diluted with carrot, zucchini, cucumber juice or rejuvelac. Initially, until your body becomes pure enough, use 1 to 3 oz. of green juice, mixed in an 8 oz. glass with the less potent vegetable juices.



## Green Drinks

### Rejuvenator

2 oz wheatgrass  
2 oz rejuvelac

### Quick Lunch

1 oz wheatgrass  
3 oz carrot juice

### Rebirth

1 oz wheatgrass  
1 oz beet  
2 oz carrot  
1 oz apple  
1-3 cloves garlic  
½ tsp cayenne

### Green Leaf

Garden tops are potent healing juices. They may be diluted with cucumber juice.

2 celery greens  
1 beet greens  
1 turnip greens  
1 watercress

### Green Blood

1 quart carrot juice  
8 oz any green juice  
1 oz celery  
1 fresh tomato  
handful of parsley  
Kelp and cayenne to taste (optional)

### Simple Alfalfa Sprout Cocktail

1 cup alfalfa sprouts  
1½ cups pineapple juice

### Tomato and Bean Sprouts

2 cups mung bean sprouts  
3 cups tomato juice  
2 stalks celery  
½ green pepper  
1 small onion  
2 tbsp parsley

### Sweet Grass

1 oz wheatgrass  
3 oz pineapple

### Wheat Grass Cocktail

4 oz. wheatgrass  
2 oz. rejuvelac

### Made Anew

2 oz spinach  
2 oz beet  
4 oz carrot

### Vegetable Elixir

4 oz carrot  
2 oz celery  
1 oz beet  
1 oz wheatgrass

### Green Power

1 oz grass juice  
1 oz dandelion  
1 oz sorrel  
1 oz rejuvelac

### Liquid Light

1 part carrot  
1 part apple  
¼ part beet  
⅓ part wheatgrass  
3 comfrey leaves

### Green Glow

4 oz comfrey leaves, parsley,  
spinach, celery  
6 oz apple Fresh mint to taste

### Tomato Juice

5 oz tomato  
2 oz celery  
1 oz lemon

### Bloody Mary

8 oz tomato juice  
1 oz celery  
1-3 cloves garlic  
1 tsp tamari  
½ tsp horseradish  
½ lemon  
Fresh ground black pepper

### Genesis

4 oz apple juice  
1 oz wheatgrass

## Juices

### Vegetable Vision

2 cups tomatoes  
2 stalks celery  
handful parsley  
2 carrots  
½ green pepper  
1–3 cloves garlic  
1 green onion  
Lemon, Kelp and Cayenne to taste

### Tomato Tune-Up

2 tomatoes  
1 green pepper  
1 cucumber  
3 sprigs parsley  
2 carrots  
1 stalk celery

### V-8 Treat

½ cup carrot  
½ cup celery  
1 tomato  
1 cup alfalfa sprouts  
1 sprig basil  
1 sprig parsley

### Comforting

4 oz carrot  
2 oz apple  
2 oz comfrey

### Autumn

2 apples  
1 pear

### Cooling Carrot

4 oz carrot  
2 oz celery

### Waldorf Salad

2 stalks celery  
2 apples

### Powerhouse

3 oz carrot  
2 oz celery  
1 oz parsley

### Garden Cleanser

4 oz carrot  
2 oz cucumber  
2 oz beet

### Stomach Juice

½ carrot  
½ cabbage

### Alkalizing

4 oz cabbage  
4 oz celery

### Fruit Trio

3 oz apple  
3 oz grape  
2 oz papaya concentrate

### Simple Punch

3 oz carrot  
3 oz apple  
2 oz beet

### Potato Juice

2 oz red potatoes  
2 oz cabbage  
3 oz carrots  
1 oz parsley

### Potassium Juice

2 oz spinach  
2 oz parsley  
6 oz celery  
6 oz carrot

### Blood Builder

8 oz carrot  
2 oz beet  
1 oz dandelion

### Constipation Blue

6 oz carrot  
2 oz spinach

### Grape Delight

1 large bunch grapes  
1 pear

### Apple Tart

½ lemon with skin  
2 or 3 apples

### Complexion Cocktail

3 oz carrot  
2 oz cucumber  
2 oz apple  
1 oz beet

### Summer's Day

2 apples  
6 strawberries

### Fruit Punch

6 oz apples  
1 oz beet  
2 oz cucumber  
1 oz green pepper

### Sweet Beets

2 oz beet  
4 oz cucumber  
6 oz grape

### Nectar

2 apples  
1 nectarine or peach

### Heaven and Earth

½ carrot  
½ apple

### Alfacarrot

2 oz alfalfa (¼ lb.)  
4 oz carrot or celery

### Vegetable Garden

1 beet  
3 chicory leaves  
1 scallion  
1 radish  
6 oz carrot

### Cranapple

3 oz apple  
1 oz cranberry  
1 oz celery

### V-4 More

½ cup tomato  
2 oz celery  
1 oz spinach  
½ lemon

### Vegetable Cocktail

4 oz carrot  
2 oz celery  
4 oz tomato  
1 oz parsley  
Serve with sprig of fresh mint.

### Delicious Cocktail

1 apple  
4 oz grape juice



### Passion Cocktail

1 large bunch grapes  
1 large chunk pineapple  
6 strawberries

### Cranberry Punch

1 lb cranberries  
8 oz apple juice  
8 oz orange juice

### Mint Punch

$\frac{1}{2}$  cup grape  
3 cups pineapple  
2 cups orange  
1 oz lemon  
 $\frac{1}{2}$  cup fresh mint sprigs  
sliced berries for decoration

### Golden Punch

4 oz orange  
2 oz apricot  
2 oz grape

### Ruby Red

4 oz rhubarb (not the leaves)  
2 oz strawberry  
honey to taste

### Beet Treat

$\frac{1}{2}$  cup orange juice  
2 oz beet  
1 oz papaya  
Blend papaya with juice

### Cool Cucumber

$\frac{1}{2}$  cucumber  
2 stalks celery  
 $\frac{3}{4}$  cup pineapple juice  
3 radishes

### Pink Party Punch

2 quarts mint tea  
1 quart apple or orange juice  
1 quart grape juice  
2 lemons juiced  
honey or maple syrup to taste  
thin slices of lemon or  
strawberries for floating on top

## Juices

### Cayenne Cooler

1 quart water  
3 lemons  
1 tsp cayenne  
1 tbs. maple syrup

### Hawaii

4 oz pineapple  
2 oz carrot  
2 oz orange  
1 oz papaya concentrate  
squeeze of lime

### Orange Blossom

2 oz apple  
2 oz orange  
2 oz carrot

### Watermelon Punch

2 cups watermelon juice with rind  
 $\frac{1}{2}$  cup orange juice  
 $\frac{1}{2}$  cup pineapple juice  
1 tbs. lemon juice  
3 sprigs of mint

### Grapefruit Green

2 grapefruits  
1 orange  
 $\frac{1}{2}$  cup parsley

### Citrus City

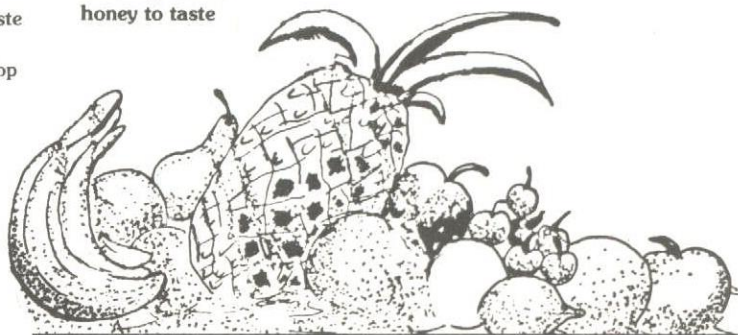
4 oz. grapefruit  
3 oz. orange  
 $\frac{1}{4}$  cup pineapple

### Try Another

1 apple  
1 tangerine

### Lemonade

1 lemon juiced  
3-4 cups water  
honey to taste



## Smoothies

Blenders are wonderful kitchen helpers. Smoothies are drinks that are made in a blender. They can be a complete meal any time of the day.

Be sure that all your fruits are ripe,

especially bananas. Bananas should have lots of black spots on them. The so-called "rotten" ones are the best, because starch in the banana is converted to sugar in the ripening.

### Simple Smoothies

All you need is 8 oz. of orange juice to make:

orange strawberry	+ 1 cup strawberries
orange pineapple	+ 1 cup pineapple
orange peach	+ 1 cup peaches
orange pear	+ 1 cup pears
orange papaya	+ 1 cup papaya
orange banana	+ 1 cup banana

All you need is 8 oz. of apple juice to make

apple pear	+ 1 cup pear
apple peach	+ 1 cup peaches
apple papaya	+ 1 cup papaya
apple banana	+ 1 cup banana
apple pineapple	+ 1 cup pineapple
apple strawberry	+ 1 cup strawberries
apple grape	+ 1 cup grapes, seedless

#### Green Mint

8 oz. orange or carrot juice  
½ cup fresh comfrey or mint leaves or  
½ cup mint tea

#### Pineapple Mint

8 oz. orange juice  
½ cup pineapple  
fresh mint or ½ cup mint tea

#### Sunrise

8 oz. lemonade  
½ cup pineapple  
½ cup papaya

#### Alfalfa Smoothies

1 cup alfalfa sprouts  
1 ½ cups pineapple juice  
1 banana

#### Smoothie Smile

8 oz. grape juice  
1 apple  
1 cup papaya or peaches

#### Apple Berry

8 oz. apple juice  
½ cup peaches  
1 cup blueberries

#### Banana Ape

8 oz. orange juice  
1 banana  
2 apples

#### Pina Colada

6 oz. orange juice  
1 cup pineapple  
½ cup coconut milk

#### Orange Smoothie

8 oz. orange juice  
1 banana  
½ cup blueberries, strawberries or peaches

#### Apple Smoothie

8 oz. apple juice  
1 banana  
½ cup blueberries, strawberries or peaches

#### Papabanana

1 banana  
1 papaya  
½ cup water

#### Mangorangatan

2 cups orange juice (or apple)  
2 cups mango



### Melon Magic

4 cups melon cubes  
¼ tsp. cayenne (optional)

### Coco Orange

8 oz. orange juice  
1 banana  
½ cup coconut milk

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## some fancier combination smoothies

### Orange Crush

1 orange  
1 apple  
1 banana  
6 pecans  
½ cup coconut milk or orange juice

### Strawberry Frappe

2 cups cashew milk  
1 cup strawberries  
1 cup papaya  
1 tsp. honey

### Tropical Dream

½ cup coconut  
½ banana  
1 cup pineapple chunks

### The Last Straw

2 cups pineapple juice  
1 banana  
2 cups strawberries

### Carob Smoothie

1 banana  
8 oz. coconut milk  
1 tbsp. carob powder  
1 tsp. honey

### Date Shake

8 oz. apple juice  
1 banana  
¼ cup pitted dates

### Carob Date Shake

8 oz. apple juice  
1 banana  
¼ cup soaked pitted dates or raisins  
1 oz. soaked walnuts  
1 tbsp. carob powder

### Sesame Smoothie

½ cup sesame seeds  
8 oz. apple juice  
1 tsp. cinnamon

Strain and serve

### Sesame Magic

¼ cup sesame seeds  
¼ cup soaked pitted dates  
1 banana  
8 oz. rejuvelac

Strain and serve

### Orange Magic

1 cup pineapple juice  
1 cup carrot juice  
½ cup orange juice  
½ cup pineapple chunks  
½ cup sliced bananas  
½ cup soaked raisins

### Blueberry Frappe

2 cups almond milk  
1 cup blueberries  
1 cup papaya  
1 tsp. honey

### Carrot Shake

8 oz. carrot juice  
1 tbsp. soaked sunflower seeds  
1 tsp. nutritional yeast  
½ tsp. dulse  
1 tsp. honey

### Banana Milkshake

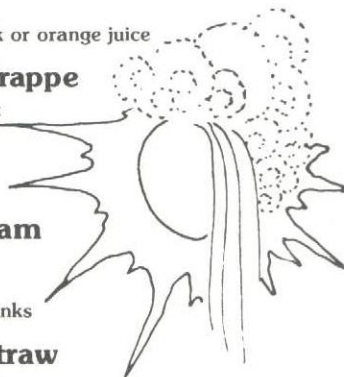
1 cup sunflower seed milk  
1 banana

### Fig Shake

6 juicy figs  
1 cup orange, apple or pineapple juice  
2 tbsp. soaked sunflower seeds (optional)

### Nutritional Shake

8 oz. apple juice  
1 banana  
1 tsp. honey  
1 tbsp. wheat germ  
1 tbsp. nutritional yeast





## some fancier combination smoothies

### High Iron Smoothie

2 cups apple juice  
2 bananas  
½ cup soaked raisins in apple juice  
½ cup sesame seeds (optional)  
3 tbsp. nutritional yeast  
1 tbsp. lecithin (optional)

### Green Smoothie

#### Soak Overnight:

1 cup sunflower seeds  
¼ cup almonds  
¼ cup sun seeds  
¼ cup pitted dates

#### Blend with:

8 oz. pineapple juice  
fresh leaves of parsley, mint,  
comfrey, lambs quarters, buckwheat,  
and/or alfalfa sprouts

Strain and serve

### Green Energy Smoothie

3 cups alfalfa sprouts  
3 comfrey leaves  
1 large tomato (or ½ cup water)  
2 tbsp. olive oil  
½ tsp. cayenne (optional)  
2 tsp. Dr. Bronner's mineral  
salt (or 2 tsp. kelp)  
2 tsp. sunflower seeds  
juice of ½ lemon (optional)

Blend

### Sunshine Iron Energy

3 cups apple juice  
½ cup sunflower seeds  
½ cup sesame seeds  
2 bananas  
½ cup raisins

Blend

### Orange Radiance

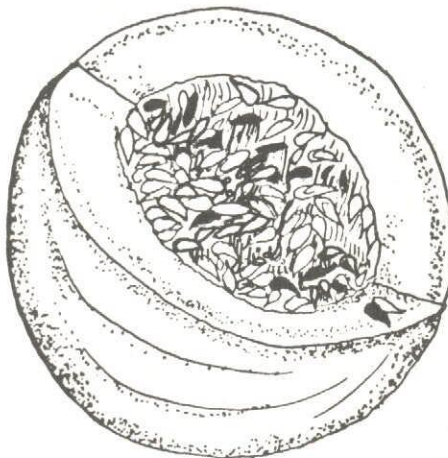
8 oz. orange juice  
3 tbsp. lemon juice  
1 banana  
1 tbsp. lecithin  
1 tbsp. nutritional yeast  
1 tbsp. bee pollen

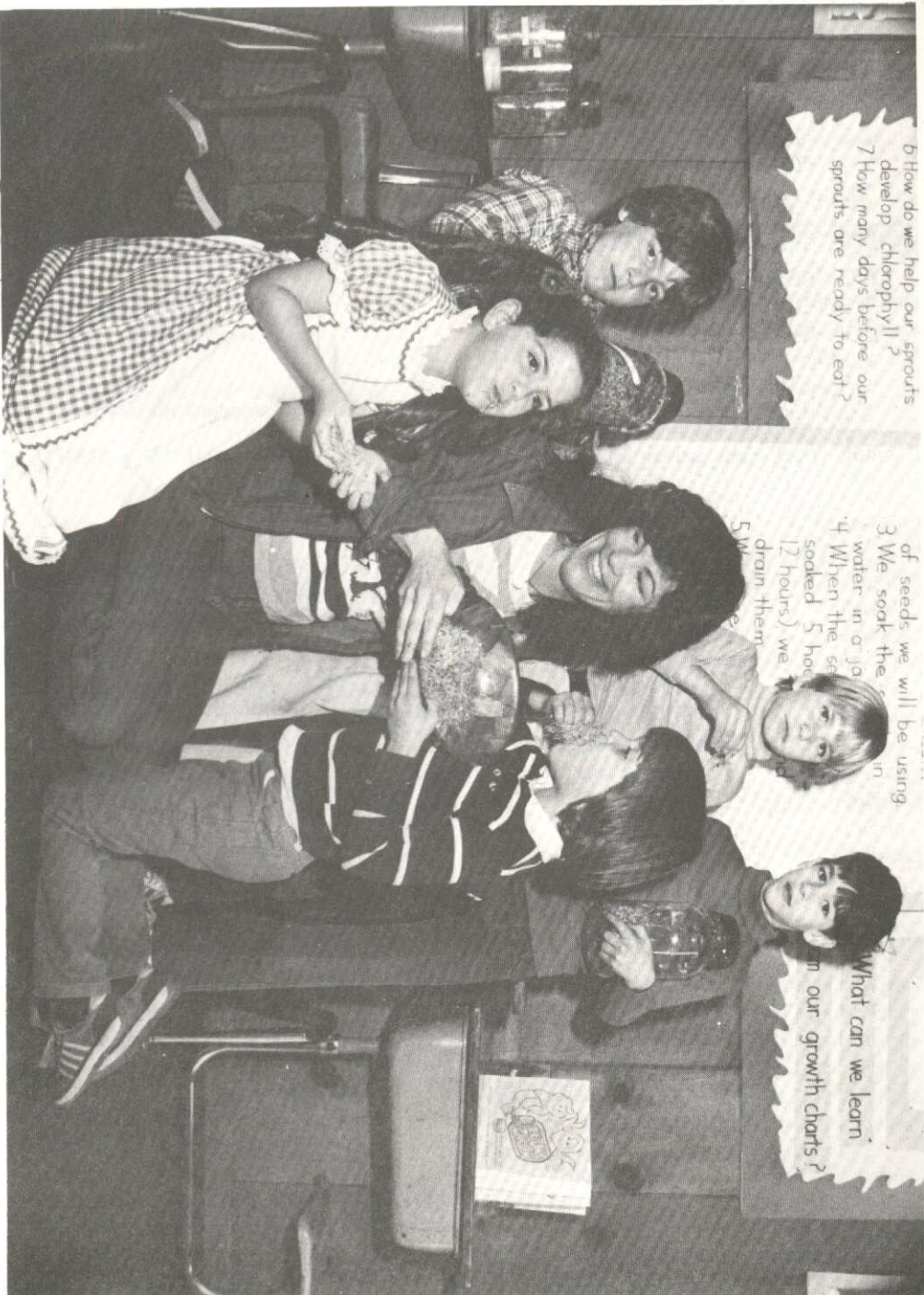
Blend

### Egg Nog

1 cup dried apricots  
1 cup orange juice  
1 cup cashew milk  
¼ tsp nutmeg

Soak apricots overnight in the orange juice.  
Blend in the morning with everything else.





## Milks

Some people, especially mothers, need a substitute for dairy milk. Nut and seed milks are excellent transitional foods.

When blending seeds or nuts, add  $\frac{1}{2}$  cup of water and all the seeds, meal or finely chopped coconut. Place cover on the blender and start with a low speed and increase it to high. As it thickens, add more water. Repeat until all the liquid is used up. Continue blending until it is creamy. Add slowly any other ingredients.

### Coconut Milk

1 coconut

Place a corkscrew in the middle of the soft eye on the top of the coconut and drain the milk.

Crack the coconut open and place small pieces of meat in a blender with the milk. Blend.

Add water if needed for the consistency of milk. Strain and squeeze out the juice from the pulp. Add honey to taste if necessary.

### Tasty Coconut Milk

1 cup grated coconut meat  
2 cups water  
honey to taste  
 $\frac{1}{4}$  tsp. dulse (optional)

Blend and strain

### Gingered Coconut Milk

1 cup coconut milk  
 $\frac{1}{2}$  cup apple juice  
1 tsp. ginger juice  
or  $\frac{1}{4}$  tsp. ginger powder

Strain

### Carrot Coconut Milk

4 oz. carrot juice  
4 oz. coconut milk

### Sesame or Sunflower Milk

Grind  $\frac{1}{2}$  cup sesame seeds  
blend with 3 cups water  
honey to taste  
 $\frac{1}{4}$  tsp. dulse (optional)

Strain

### Carob Milk

2 cups sesame milk  
1 tbsp. carob powder  
1 tsp. honey

### Almond Milk

$\frac{1}{2}$  cup almonds  
4 cups water  
honey to taste

Blend and strain

### Cashew Milk

1 cup cashews  
 $3\frac{1}{2}$  cups water  
 $\frac{1}{4}$  tsp. dulse (optional)

Blend and strain.

### Carob Coconut Milk

8 oz. coconut milk  
1 tbsp. carob powder

Substitute water with fresh apple or orange juice in the recipes.

Variations:

COCONUT-ALMOND MILK  
COCONUT-SESAME MILK  
COCONUT-CASHEW MILK





## Herb Teas

Herbs are wonderful foods that should be studied and used according to taste. There are a great variety of fragrances as well as medicinal remedies for the body.

There are quite a few health food stores that carry a complete line of herbs now and there are some mail order sources included in the back of the book. Herbs are best when they are fresh and grown in your area. They can be grown indoors or out. Hang up and dry for winter use if necessary.

*Some of my favorite herb teas:*

Chamomile	Mint
Fennel	Peppermint
Alfalfa	Spearmint
Comfrey	Wintergreen
Catnip	Lemon Balm
Nettle	Sassafras
Oat Straw	Elder Blossom
Shave Grass	Red Clover Blossom
Cayenne Pepper	Jasmine
Fenugreek	Rose
Ginger	Ginseng
Slippery Elm	Rosehip
Licorice Root	Hibiscus
Cinnamon	Strawberry Leaves
	Red Raspberry

### Iced Tea

¼ cup herb leaves  
1 quart boiling water

Honey or maple syrup may be used for sweetening but it is better not to use any sweetening.

Let the tea cool at room temperature or put in the freezer for quick results.

### Herb Tea Treat

2 oz. apple juice  
your favorite herb tea

### Hot 'N' Spicy

6 oz. apple juice or cider  
pinch of cinnamon  
slice of orange

### Spiced Zinger

1 cup red zinger tea  
1 cup apple or orange juice  
pinch of ginger

### Red Ringer

1 cup apple juice  
3 cups red zinger tea  
½ tsp. cayenne  
½ lemon

### Herb Mix

½ cup fenugreek tea  
½ cup peppermint  
slices of fresh ginger

### Hot Lemon Water

½ lemon or lime  
1 cup soaked water (from dried fruits or seeds)

### Oat Water

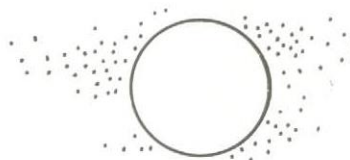
½ cup rolled oats or sprouted oats  
1 quart boiling water

Steep and strain. Drink as tea or save as stock.

### Cool Sassafras Tea

2 tbsp. sassafras root bark  
1 quart boiling water

Steep overnight. Strain.



### Sun Tea

Make your favorite tea by just letting it sit in the water in the sun on a hot day. Strain and serve. Delicious.



## Hot Drinks

### Yogi Tea

15 slices fresh ginger  
20 hulled cardamon seeds  
20 black peppercorns  
15 cloves  
6 cinnamon sticks

In a large pot bring to a low boil and take off heat. Let steep for 40 minutes. Strain and serve hot or cold.

This recipe makes a large batch. Refrigerate remainder. Very stimulating. Rajasic.

### Hot Almond Milk

1 cup almonds  
1 quart yogi tea, apple juice, or water

Blend and strain. May sweeten with honey to taste.

### Spiced Sesame Milk

$\frac{1}{2}$  cup ground sesame seeds  
3 cups boiling water  
1 tbsp. red zinger  
6 cloves  
pinch of cinnamon  
1 tbsp. maple syrup

Strain and serve

### Hot Carob Milk

$\frac{1}{2}$  cup ground sesame seeds  
3 cups water  
1 tbsp. raw carob powder  
Heat, strain, and serve with honey to taste

### Miso Tea

1 cup boiling water  
1 tbsp. miso  
1 tsp. chopped scallions  
1 thin slice lemon

### Herbal Tonic

6 oz. hot comfrey tea  
2 oz. alfalfa tea  
1 tbsp. lemon  
1 tbsp. honey  
2 cloves pressed garlic  
 $\frac{1}{2}$  tsp. cayenne  
1 tbsp. olive oil  
Blend or shake and drink hot

### Morning Brew

1 tsp. nutritional yeast  
1 tsp. bee pollen  
 $\frac{1}{2}$  tsp. cayenne pepper  
 $\frac{1}{2}$  lemon juiced  
6 oz. hot water

### Herbal Ed's Morning Tonic

12 oz. rejuvelac or 8 oz.  
rejuvelac and 4 oz. soaked  
sprout water  
2 tbsp. olive oil  
2 tbsp. lemon juice  
1-2 tbsp. honey  
1-5 cloves garlic  
 $\frac{1}{2}$ -1 tsp. cayenne  
1 tbsp. fresh chopped comfrey  
(optional)

Blend.



## Liver Flushes

Liver flushes are designed to stimulate and lubricate your digestive organs. It is like going in for a tune-up and a grease job. They are an acquired taste, but are very similar to a simple salad dressing. They should be taken on an empty stomach and one should wait at least four hours before eating anything solid. It is good to drink hot tea afterwards.

### My favorite Liver Flush

1 cup apple juice  
¼ cup lemon juice  
¼ cup olive oil  
capsicum cayenne  
garlic  
ginger

Start out with a small amount of cayenne and spices and work your way up to a teaspoon each. Good for the start of the day or before bed.

### Simple Liver Flush

1-3 tbsp. olive oil  
3 times as much lime or lemon juice

Blend or stir and drink.

Follow with -

2 cups hot water  
1 lime or lemon juiced

### Tasty Liver Flush

2 oz. orange juice  
2 oz. grapefruit juice  
2 oz. pineapple juice  
1-3 tbsp. olive oil

Mix and drink.

Follow with -

2 cups hot lemon water





## APPETIZERS



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## Appetizers

### Raw Vegetables

*(Serve with dips)*

carrot sticks	broccoli flowers
celery sticks	cherry tomatoes
cauliflower buds	radish roses
	sliced bell peppers
	mushroom bulbs
	cucumber slices

### Eggplant Appetizer

1 eggplant  
2 lemons juiced  
2 tbsp olive oil  
1 tsp tamari  
1 tbsp honey

Peel and dice eggplant and marinate 3 hours in the sauce. Stir and coat eggplant every 15 minutes for the first hour. Serve with toothpicks and garnish with quartered tomatoes and sprigs of parsley.

### Zucchini Chips

Slice zucchini thin and dry on screens in the sun or in a dehydrator to make chips for dips.

### Sesame Pate

1 cup shredded carrots  
1 cup finely diced celery  
½ shredded green pepper  
½ shredded red onion  
¼ cup tamari  
¾ cup lemon juice  
1 tsp basil  
1 tsp dill  
5 cups ground sesame seeds or 2½ cups sesame and 2½ cups sunflower

Mix well

### Hommus

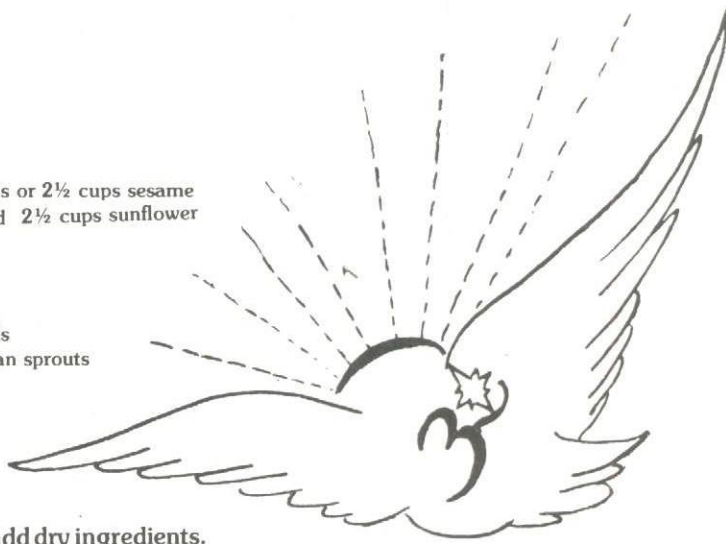
½ cup ground sesame seeds  
1 cup mashed garbanzo bean sprouts  
2-3 cloves garlic crushed  
¾ cup olive oil  
2 tbsp tamari  
2 tbsp lemon juice  
2 tbsp chopped parsley  
water if needed

Mix or blend wet then add dry ingredients. Should be of thick consistency. Mix in parsley last.

### Marinated Mushrooms

½ lb. button mushrooms  
1 cup olive oil  
1 tsp. tamari  
¼ tsp. oregano  
¼ tsp. thyme  
½ tsp. paprika  
¼ cup lemon juice

Allow to marinate for 3 hours.



## Dips

### Guacamole

2 or 3 mashed avocados  
1 mashed tomato  
1 tbsp kelp  
½ onion chopped  
¼ cup chopped hot peppers or ¼ tsp. cayenne  
2 lemons juiced  
1 clove garlic crushed  
Mix well and serve.

### Comfrey Dip

1 avocado  
½ cup fresh chopped comfrey  
2 lemons juiced  
2 cloves garlic  
1 tomato  
1 tsp kelp or dulse  
Carrot juice to blend  
Blend all ingredients. Add chopped avocado last.

### Avocado Dip

½ cup cashew nuts  
1½ cups water or rejuvelac  
2 avocados  
2 tbsp lemon juice  
½ chopped onion  
1 tbsp kelp or tamari  
Blend cashew and seasonings. Blend in avocado or mix in thoroughly with fork.

### Ron's Guacamole

2 cups tomatoes  
2 cups avocados  
1 cup red onion  
2 tbsp celery  
2 tbsp bell pepper  
2 tbsp parsley  
Lots of lemon juice  
Mash altogether real well.

### Cashew Cheese

1 cup very fine ground cashews  
Water or rejuvelac to moisten  
Flatten to ½ inch thickness. Let sit in a warm place for 12 hours with rejuvelac or for 24 hours with water.

Variation: Mix in shredded carrot, beets, celery, as well as favorite spices.

### Sun Dip

¾ cup lemon juice  
1 tbsp tamari  
1 tbsp honey  
1 tbsp paprika  
1 tsp fresh basil  
½ chopped red onion  
2 cloves garlic crushed  
1½ cups sunflower seeds  
Blend sunflower seeds with water.  
Add seasoning.

### Suncell

1 cup sunflower seeds  
1 cup chopped celery  
1 cup rejuvelac  
2 cloves garlic  
Blend.

### Alfalfa Dip

½ cup alfalfa sprouts  
¼ cup olive oil  
½ cup lemon juice  
2 tbsp chopped celery  
2 tbsp chopped onion  
1 tbsp ground sesame seeds  
2 tbsp honey  
½ tsp tamari  
Blend.

### Tahini and Olive Dip

1 cup sesame butter  
2 lemons juiced  
½ cup chopped green pepper  
1 cup chopped parsley  
1 cup chopped black olives  
2 tbsp honey  
2 tbsp kelp  
1 tsp sage  
Mix well.

### Mushroom Dip

½ cup grated carrots  
½ cup grated zucchini  
1 mashed tomato  
3 cups chopped mushrooms  
½ cup finely chopped celery  
½ cup chopped scallions  
1 cup ground sunflower seeds  
½ cup ground walnuts  
1 tsp tamari  
1 tbsp olive oil  
Your choice of herbs  
Mix well to a moist consistency.



## Soups

Raw soups are good for light diets or for people who have trouble chewing or digesting large meals. They can also be served before a salad. You can blend any combination of vegetables, sprouts, oil and seasonings of your fancy. Use water, rejuvelac or juice for blending.

When blending, place all liquids into blender top, then apply cover, start blender on low to medium speed, blend in all the vegetables. A few seconds on high blend will get the desired consistency. By making the soups with less liquid, they can be used as dressings or dips.

Be sure to chew your soup and salivate it well in your mouth even though they have been pureed. The first step of digestion takes place in your mouth where your saliva starts breaking down the starches in your food.

In cold weather you may want to use hot water for blending or warm slightly on stove.

### Dulse and Tomato Soup

- 1 tbsp olive oil
- $\frac{3}{4}$  cup chopped onion
- 3 tomatoes
- $\frac{3}{4}$  cup dulse
- $\frac{1}{4}$  cup chopped chives

Blend everything except the chives.

### Comfrey Soup

- 5 comfrey leaves
- 1 avocado
- 1 tomato
- 8 oz carrot juice
- 1-3 cloves garlic
- 1 tbsp kelp
- 1 lemon juiced

Blend all, add avocado last.

### Asparagus Soup

- 1 lb. asparagus
  - 1 stalk celery
  - 1 tbsp parsley
  - Dash of oregano and thyme
  - 2 tbsp olive oil
  - 1 tbsp ground almonds
  - 1 tbsp kelp
- Blend.



### Chlorophyll Soup

- $\frac{3}{4}$  cup spirulina algae or grass powder
  - 1 tsp dulse powder
  - 1 tsp kelp
  - 1 tsp. Dr. Bronner's mineral salts
  - 1 tsp lemon juice
  - 1 tsp cayenne pepper
- Shake or blend together.

### Avocado Soup

- 2 avocados
- 1 cup mung bean sprouts
- $\frac{1}{2}$  lemon juiced
- 1 tbsp kelp
- $\frac{1}{4}$  cup green bell pepper
- $\frac{1}{4}$  cup celery
- 2-3 cups water

Blend in vegetables. Follow with seasoning. Add avocado. Mix in or blend slightly the mung bean sprouts.

### Lentil Soup

- 1 cup sprouted lentils
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{2}$  cup chopped celery
- $\frac{1}{2}$  cup chopped parsley
- 1 tsp olive oil
- $\frac{1}{2}$  tsp basil
- 2 cups water

Kelp to taste.

Blend. Top with sprouts.

### Zucchini Soup

- 2 cups diced zucchini
  - 1 cup buckwheat lettuce
  - 1 cup water or rejuvelac
  - 1 tbsp olive oil (optional)
- Kelp to taste.

Blend. Top with dulse.

### Simple Tomato

- 2 cups tomatoes
  - 2 tbsp olive oil
  - 1 tsp kelp or dulse
  - Cayenne to taste
- Blend.

## Soups

### Gazpacho Rainbow

2½ cups chopped tomatoes  
2 cloves garlic  
¼ cup chopped onion  
½ cucumber  
½ zucchini or yellow squash  
¼ cup chopped celery  
¼ cup chopped green pepper or cabbage  
Dash of basil, thyme and cayenne

Blend ingredients. Add more chopped cucumbers or scraped corn when you serve and decorate with chopped parsley.

### Gazpacho Orange

2 cups chopped tomatoes  
2 lemons juiced  
½ cup carrot juice  
1 tbsp olive oil  
¼ tsp oregano  
½ tsp kelp  
2 cloves garlic

Blend, then add:

Sliced scallions  
Chopped cucumber  
Grate Zucchini, carrots or beets  
Chopped parsley  
Chopped comfrey  
Small broccoli or cauliflower flowerets

### Oh My God Soup

2 cups chopped tomatoes  
1 cucumber  
½ green onion  
½ bell pepper  
¼ cup olive oil  
1 tsp cayenne  
1-3 cloves garlic  
1 tbsp kelp

Blend. Chill and serve with extra chopped tomato cucumber, onion, and green pepper.

### Celery Soup

½ cup celery juice  
½ cup carrot juice  
½ lemon juiced  
1 tsp olive oil  
1 clove garlic

Blend. Mix in:

½ chopped tomato  
1 tsp chopped onion  
¼ cup grated celery  
¼ cup chopped red bell pepper

### String Bean Soup

10 string beans  
2 tbsp chopped parsley  
2 tomatoes  
½ tsp chopped hot peppers  
1 tsp olive oil  
½ lemon juiced  
½ cup celery juice  
½ cup carrot juice  
1 diced avocado

Blend everything except the avocado.

### Sprouted Bean Soup

4 okra pods  
1 tbsp lemon juice  
1 tbsp olive oil  
1 cup celery juice  
1 cup carrot juice  
1 cup chopped mung bean sprouts  
¼ tsp cayenne

Blend everything except the bean sprouts.

### Quick Soup

1 cup carrot juice  
1 cup celery juice  
1 cup shredded cabbage  
1 red bell pepper  
1 tomato  
½ avocado  
½ tsp tamari  
¼ tsp cayenne

Blend all. Add avocado last.

### Real Potato Soup

1 sweet potato  
1 tbsp olive oil  
½ cup carrot juice  
pinch of nutmeg, kelp, and cayenne

Put sweet potato in a glass jar and place in hot water until it softens the starch into sugar. Place in blender with the rest of the ingredients.

### Vegetable Soup

2 cups carrots  
2 cups peas  
2 stalks celery  
1-3 cloves garlic  
2 tbsp olive oil  
kelp to taste  
water or rejuvelac to blend  
Top with alfalfa sprouts.



## Soups – Cream – Chowders

### Cucumber Soup

1 cucumber  
1 small zucchini  
1 avocado  
1 cup rejuvelac or water  
fresh lime juice  
1-3 cloves garlic

### Tomato Soup

3 tomatoes  
¼ cup chopped chives  
½ tsp. honey  
1 tsp. olive oil  
½ cup carrot juice  
¼ cup celery juice  
¼ cup beet or potato juice  
½ lemon or lime juiced  
½ tsp. basil

Blend

### Asparagus Soup

2½ cups water  
2 cups chopped asparagus  
2 sticks chopped celery  
1 tbsp. chopped parsley  
1 tsp. chopped onion  
1 tsp. kelp  
1 tsp. olive oil  
pinch of thyme

Blend

### Pea Soup

1 cup garden peas (or sprouted peas)  
1 cup carrot juice  
1 cup diced avocado  
seasoning to taste

Blend. Add avocado last.

### Cream of Spinach

1 lb spinach  
1 tbsp oil  
2 cups water  
¼ cup onion  
¼ cup celery  
your favorite herbs

Blend.



### Cream of Broccoli

1 cup chopped broccoli  
½ avocado  
1 clove garlic  
1 cup alfalfa sprouts  
1 tbsp olive oil  
½ tsp sea kelp  
½ to 1 cup water or rejuvelac

Blend. Add avocado last.

You can substitute broccoli with other vegetables: carrot, celery, spinach. Decorate with slices of mushrooms and chopped parsley.

### Cream of Artichokes

1 cup sliced jerusalem artichokes  
1½ cups carrot juice  
seasoning

### Cream of Soups

½ cup cashews  
2 cups chopped vegetables (onions, garlic, celery, spinach, broccoli, mushrooms, carrots, etc.)

1 cup water

Decorate with sprouts or parsley

### Sweet Corn Chowder

2 ears scraped sweet corn  
1 cup shredded zucchini  
2 chopped tomatoes  
1 tbsp olive oil  
1 lemon juiced  
1 cup carrot juice  
½ cup celery juice  
¾ cup chopped green onion  
1 diced avocado  
¼ cup chopped green bell pepper

Blend briefly except zucchini, avocado and onions.

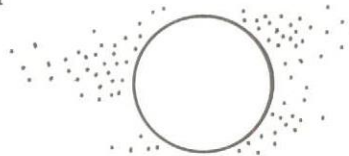
### Corn Chowder

2 tomatoes  
¼ cup sunflower seed sprouts  
¼ cup chopped celery  
1 clove garlic  
½ cup water  
3 ears scraped corn

### Avocado Chowder

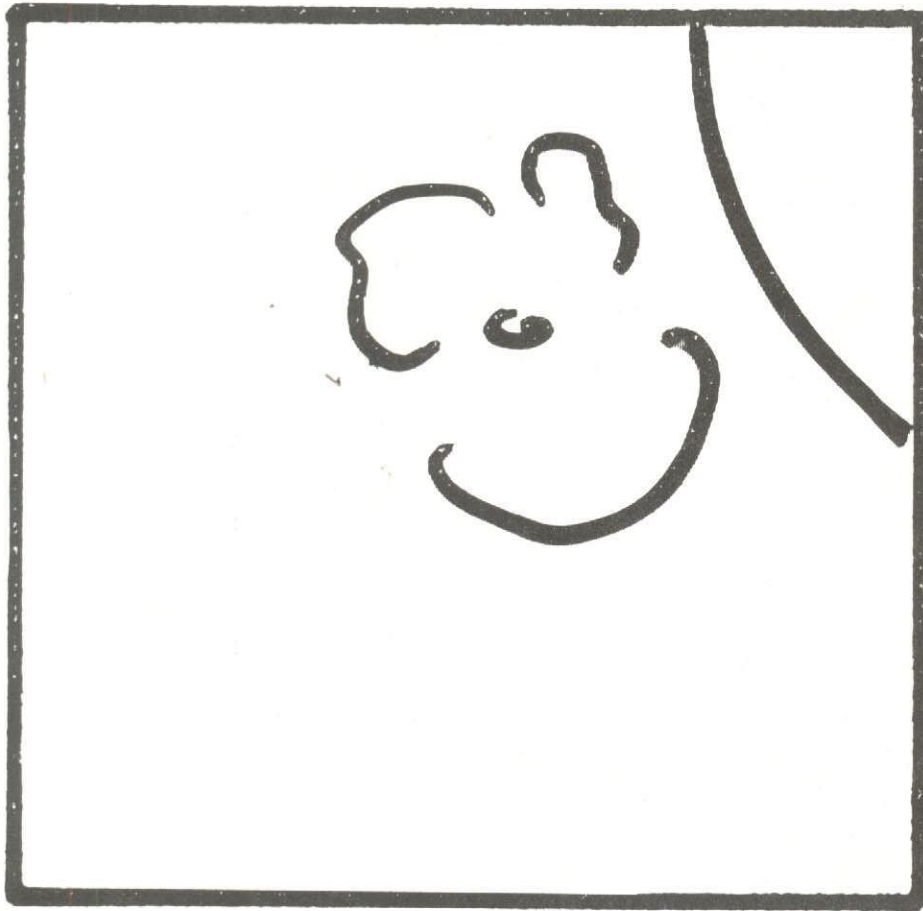
3 tomatoes  
½ lemon juiced  
½ cup carrot juice  
½ cup celery juice  
1 diced avocado  
½ cup chopped celery  
¼ cup chopped red onion  
¼ chopped bell pepper  
½ cup sprouted wheat (optional)  
¼ tsp thyme  
1 tsp basil

Blend tomatoes, juice and herbs. Stir together with remaining ingredients.





## FRUIT SOUPS



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## Fruit Soups

Can be made by blending any combination of fruits together. Use fruits that are seasonal and easily available in your environment. These are complete meals and should be eaten alone. Do not mix fruits and vegetables if possible.

### Orange and Apple Soup

1 orange  
1 apple  
lemon juice to taste  
½ cup water or juice to blend  
Blend.

### Banana and Orange Soup

1 banana  
1 orange  
½ cup water or juice to blend  
Blend.

### Apricot and Banana Soup

4 apricots  
1 banana  
Blend. Add juice or water as needed.

### Fruit Soup

1 banana  
1 orange  
1 cup diced pineapple  
Blend. Add water or juice as needed.

### Apple and Date Soup

2 apples  
6 pitted dates  
lemon juice to taste  
Blend.

### Pineapple Avocado Soup

1 avocado  
2 cups diced pineapple  
honey and lemon to taste  
Blend. Add water as needed.

### Orange Soup

2 chopped orange  
½ cup chopped pineapple  
2 tbsp ground almonds (optional)  
Blend.

### Peach Soup

2 cups chopped peaches  
2 tbsp sesame butter  
½ tsp ginger juice  
2 tbsp shredded coconut  
1 tsp chopped fresh mint (optional)  
1 tbsp soaked flax seeds or raisins  
Pour over sliced peaches and top with alfalfa sprouts. Blend.

#### Variations:

Mango, nectarines, pineapple or bananas; nutmeg, cloves, cardamon, anise or vanilla

### Fruit Soup

½ cup mashed banana  
½ cup orange juice  
½ cup almond milk  
½ cup diced papaya

Blend.

### Tropical Fruit Soup

½ banana  
1 papaya  
½ cup pineapple  
½ cup strawberries  
½ lemon juiced  
Blend. Add water as needed.

### Dried Fruit Soup

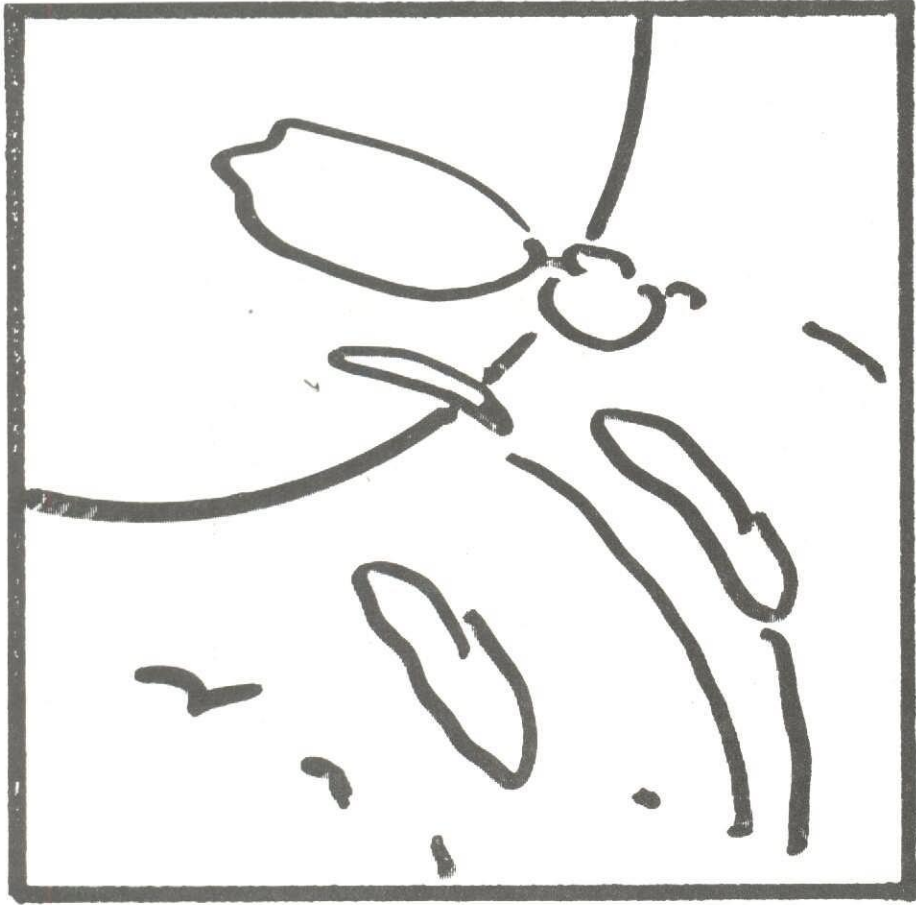
1 cup soaked raisins  
2 cups soaked pitted prunes  
1 cup grape juice  
2 chopped oranges  
½ lemon juiced  
Blend.

### Dayas Ashram Fruit Soup

2 cups chopped apples  
2 cups sliced bananas  
1 cup soaked raisins  
½ cup ground sesame seeds  
½ cup ground sunflower seeds  
Dash of nutmeg, cinnamon and lemon juice  
Apple juice



## SALADS



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## Salads

### Salad Preparation

The recipes given are only salad suggestions. Please feel free to alter in any way.

For all the recipes following, use fresh, raw fruits and vegetables unless otherwise mentioned. Use the salad dressing section for choosing your favorite dressings, unless given. For seasoning you can place containers of cayenne and kelp on your table if necessary.

Try to keep the life of fresh fruits and vegetables in your salads even after they have been taken out of the earth. Rinse the greens gently and scrub the root vegetables with a brush or loofa sponge. If you are afraid of chemicals in your food you can rinse them in a little wheatgrass and water. Just dilute 2 oz. wheatgrass in a sink of warm water.

You should really take the time to learn how to grow the grasses for any house or apartment. There is no substitute for buckwheat lettuce or sunflower greens any time of the year. They are absolutely delicious. You will probably find that it is easiest to chop the greens about two inches long for serving. If you are short on either one of the grasses why not combine them? Your greens should be the main dish in your large meal of the day, topped by sprouts and other vegetables.

## Sample Buffet Dining

### ASSORTED BOWLS OF SPROUTS

Alfalfa	Lentil	Onion
Red Clover	Radish	Garlic
Fenugreek	Sunflower	Lettuce
Mung bean	Celery	Cabbage

#### Miscellaneous:

Slices of avocado  
Chopped chives or scallions  
Garlic and press  
Olive oil  
Lemon quarters  
Cayenne  
Kelp  
Soaked dulse, hijiki, nori,  
wakame or kombu



#### Seasonal vegetables:

Cauliflower  
Broccoli  
Zucchini  
Etc.

### ASSORTED BOWLS OF GREENS

Buckwheat lettuce	Escarole	Purslane
Sunflower grass	Chicory	Mullein
Lentil grass	Butter lettuce	Comfrey
Beet tops	Spinach	Mint
Celery tops	Lambs quarters	Watercress
Chard	Dandelion	Endive
Romaine	Sorrel	Parsley
Red lettuce	Chickweed	Cabbage
	Fiddleheads	

## Flowers For Salads

Add any of the edible flowers here to  
your salads as garnishes and for  
flavoring:



Milkweed  
Nasturtium  
Geranium  
Chrysanthemum  
Marigolds  
Rose petals  
Strawberry leaves  
Squash flowers

Sweet potato flowers  
Wild mustard  
Chamomile  
Chives  
Garlic  
Grape leaves  
Gladiolus  
Fuchsia

Elderberry  
Crab apple  
Lavender  
Mulberry  
Primrose  
Quince  
Raspberry leaves  
Rosehips



Rosemary  
Sage  
Sorrel  
Spearmint  
Thyme  
Violet  
Pansy  
Tiger lily pods

### Garden Salad

1 cup chopped sunflower greens  
1 cup chopped buckwheat lettuce  
1 cup alfalfa sprouts  
½ cup fenugreek sprouts  
chopped onion, celery, green pepper, broccoli or cauliflower flowerets

### Tossed Salad

1 cup Romaine lettuce  
1 cup Red leaf lettuce  
½ cup beet tops  
½ cup thinly sliced red cabbage  
½ cup sliced mushrooms  
¼ cup sliced radishes  
¼ cup cauliflower flowerets



### Watercress and Endive

½ cup watercress  
1 cup endive  
Toss gently with lemon and oil.

### Dandelion Green

1 cup dandelion greens  
1 cup chicory  
1 cup romaine

### Green Leaf

1 cup green lettuce  
½ cup shredded red cabbage  
¼ cup shredded turnip  
¼ cup chopped summer squash  
¼ cup sprouted lentils

### Sprouts and Tomatoes

1 chopped tomato  
½ chopped bell pepper  
1 small grated beet  
1 cup fenugreek sprouts  
1 cup sunflower greens

### Spinach Salad

2 cups spinach  
1 cup sliced mushrooms  
1 cup cauliflower flowerets



### Spinach and Sprouts

1 cup spinach  
1 cup alfalfa sprouts  
½ cup sliced mushrooms  
½ cup sliced red onion  
½ cup mung bean sprouts

### Pepper Salad

2 chopped green bell peppers  
1 chopped sweet red pepper  
½ cup chopped black olives  
¼ cup chopped green onions  
3 stalks celery chopped

### Sunshine Salad

½ cup grated summer squash  
½ cup grated pumpkin or yam  
½ cup grated carrots  
½ cup red clover sprouts  
6 sliced radishes

### Seas and Peas

1 cup fresh peas  
½ cup soaked hijiki  
1 cup chopped comfrey  
2 tbsp chopped scallions  
½ cup grated carrots

### Simple Salad

½ cup watercress  
½ cup romaine  
1 diced avocado

### Summer Salad

½ lb. spinach  
1 cup mixed indoor greens  
1 bunch watercress  
1 cup sliced or grated zucchini  
½ cup thin red onion rings  
½ cup sliced mushrooms

### Middle Eastern Salad

4 large diced tomatoes  
2 cucumbers diced  
2 stalks of celery diced  
½ cup finely chopped red onion  
½ bunch watercress chopped  
¼ cup chopped parsley  
¼ cup chopped fresh mint  
¼ cup lemon juice  
2 tbsp olive oil  
Kelp to taste

### Tossed Green Salad

4 romaine lettuce  
4 spinach leaves  
4 red lettuce leaves  
½ cup chopped watercress  
¼ cup chopped dandelion (optional)  
2 stalks celery, chopped  
2 chopped green onions  
2 tbsp chopped parsley



## Salads

### Garden Salad

½ cup sliced okra  
½ cup diced zucchini  
¼ cup chopped green pepper  
1 cup scraped sweet corn  
1 tbsp chopped chives  
1 tsp fresh thyme  
Bed of garden lettuce

### Corn Salad

4 ears of sweet corn scraped  
1 cup diced tomatoes  
1 cup shredded squash  
2 tbsp chopped green onion  
2 tbsp chopped green bell pepper  
¼ tsp thyme  
¼ tsp marjoram  
bed of corn grass

### Artichoke Salad

4 jerusalem artichokes sliced thin  
2 tomatoes quartered  
1 diced avocado  
3 stalks of celery diced  
1 diced green bell pepper  
3 carrots shredded  
2 cups alfalfa sprouts

### Cauliflower Salad

2 cups cauliflower flowerets  
1 cup chopped avocado  
½ cup chopped green pepper or celery  
½ cup grated carrots  
2 tbsp chopped red onions

### Tomato Salad

3 large ripe tomatoes chopped  
2 tbsp olive oil  
1 clove pressed garlic  
¼ tsp oregano  
1 tsp kelp

### Raw Deal

¼ cup grated carrots  
¼ cup grated beets  
¼ cup sliced mushrooms  
¼ cup broccoli flowerets  
½ cup alfalfa sprouts  
½ cup mung bean sprouts  
bed of romaine lettuce

### Potato Salad

½ cup diced potato with skin  
½ cup diced apple with skin  
1 tbsp chopped parsley  
1 tbsp chopped onion

### Indoor Garden Salad

½ cup alfalfa sprouts  
½ cup mung bean sprouts  
½ cup fenugreek sprouts  
½ cup sunflower greens  
½ cup buckwheat greens  
¼ cup lentil sprouts  
1 tsp kelp  
½ cup soaked hijiki  
1 tsp cayenne



### Roots and Herbs

¼ cup grated parsnips  
¼ cup grated turnip  
¼ cup grated squash  
½ cup grated potato with skin  
1 tbsp chopped green onion  
1 tbsp chopped parsley  
1 tbsp chopped green pepper  
1 cup lentil grass  
¼ tsp thyme  
¼ tsp marjoram

### Lentil Salad

2 chopped comfrey leaves  
2 chopped celery stalks  
1 chopped green pepper  
4 chopped green onions  
¼ tsp oregano  
1 tbsp nutritional yeast (optional)  
1 cup lentil sprouts

### Mushroom Salad

1 cup spinach  
½ cup lambs quarters  
½ cup beet greens  
1 cup sliced mushrooms  
2 tbsp chopped red onion  
2 tbsp chopped parsley  
1 clove garlic crushed  
½ tsp sweet basil  
1 tsp kelp

### Earthy Salad

1 cup sliced jerusalem artichoke  
½ cup grated beets  
½ cup grated carrots  
1 cup mixed buckwheat and sunflower greens

### Zucchini and Sprouts

1 cup shredded zucchini  
½ cup sliced mushrooms  
1 cup fenugreek sprouts  
½ cup cherry tomatoes  
1 cup mung bean sprouts

## Salads With Avocado

### Carrots, Celery and Sprouts

- ½ cup chopped celery
- ½ cup grated carrots
- ¼ cup soaked hijiki seaweed
- ½ cup sunflower sprouts
- ½ cup red clover sprouts

### Sunrise Salad

- ½ cup diced pineapple
- ½ cup grated carrots
- 2 tbsp soaked chopped walnuts
- 1 tsp grated beet

### Flowers and Mint

- ¼ cup chopped rose petals
- ¼ cup chopped chives
- ¼ cup chopped nasturtium flowers and leaves
- 1 cup sunflower greens
- 1 diced avocado
- 1 tbsp chopped fresh mint

### Winter Salad

- 2 apples chopped
- 2 stalks of celery diced
- 1 cucumber chopped
- ½ cup grated beets
- ½ cup soaked raisins

### Hot Taco Salad

- 2 cups chopped mung bean sprouts
- 3 cups shredded lettuce
- 2 diced tomatoes
- ½ cup chopped black olives
- ¼ cup finely chopped green olives
- ½ cup finely chopped hot peppers
- ½ cup radish or fenugreek sprouts

### Sprouted Wheat Salad

- 1 cup sprouted wheat
- ½ cup finely diced carrots
- ¼ cup finely diced celery
- ¼ cup finely diced green bell pepper
- ¼ cup chopped scallions
- ½ cup chopped mushrooms

### Violet Salad

- 1 lb. spinach
- 1½ cups sliced mushrooms
- 1 cup violet flowers
- 1 cup red clover sprouts

### Apple Good

- ½ cup diced apples
- ½ cup alfalfa sprouts
- ½ cup diced avocado

### Tomatoes and Cucumbers

- 1 tomato cut in wedges
- ½ cucumber diced
- ½ avocado sliced
- 1 tbsp olive oil
- pinch of oregano
- pinch of kelp
- bed of buckwheat lettuce

### Rainbow Salad

- ½ cup grated beet
- ¼ cup grated carrot
- ¼ cup grated white cabbage
- ¼ cup grated red cabbage
- 1 diced avocado
- bed of spinach

On a bed of spinach place the avocado in the center and arrange the remaining vegetables clockwise around the avocado.

### Salad in a Bowl

- 3 cloves garlic
- 2 tbsp olive oil
- 1 tbsp fresh chopped basil
- 2 avocados
- 4 juicy oranges

In a wooden bowl, crush the garlic and rub into the bowl with the oil and basil. Peel and cup up the oranges and avocados into bite size pieces. Mix well.

### My Guacamole

- 2 cups chopped avocado
- 1 cup chopped red onion
- 2 cups chopped tomatoes
- 3 cloves garlic crushed
- ¼ cup lemon juice
- 2 tbsp chopped parsley
- ¼ cup chopped celery
- ¼ cup chopped green pepper
- ¼ tsp cayenne
- ½ tsp kelp

Toss gently together. Add the avocados and lemon juice last.  
Serve on a bed of alfalfa or red clover sprouts with extra cayenne.

## Cabbage Salads and Cole Slaws

### Cabbage Salad

½ cup grated white cabbage  
½ cup grated red cabbage  
½ cup grated carrot  
½ cup chopped celery  
½ cup alfalfa sprouts  
2 chopped green onions

### Chinese Cabbage Salad

1 cup Chinese cabbage  
1 cup ruby red lettuce  
½ cup thinly sliced jerusalem artichokes  
½ cup sunflower sprouts  
¼ cup chopped green onion  
½ cup chopped eggplant (optional)  
Dip in lemon juice to prevent darkening

### Sweet Cabbage and Sprouts

1 cup shredded cabbage  
½ cup chopped apple with skin  
¼ cup sunflower sprouts

### Green Beans and Cabbage

2 cups shredded cabbage  
1 cup fresh snapped green beans  
1 cup diced celery  
½ cup diced red onion

### Zucchini-Cabbage

2 cups shredded cabbage  
2 cups shredded zucchini  
½ cup sliced black olives  
½ cup diced red bell pepper  
1 tbsp. chopped parsley

### Grated Vegetable Salad

1 cup grated carrots  
1 cup grated cabbage  
½ cup grated beets  
½ cup grated sweet potato  
1 tsp. kelp

### Quick Cole Slaw

½ cup shredded cabbage  
½ cup grated carrot  
½ cup diced apple  
½ cup diced celery

### Sesame Slaw

1 cup grated cabbage  
1 cup grated carrots  
½ cup ground sesame seeds

### Cole Slaw

3 cups grated carrots  
1 cup grated beets  
3 cups grated white cabbage  
¼ cup chopped celery  
¼ cup chopped parsley

Mix together and marinate in:

½ cup olive oil  
½ cup lemon juice  
1 tsp. tarragon  
1 tsp. honey  
1 tsp. kelp or tamari  
1-2 cloves garlic pressed

Refrigerate overnight and take out one hour before serving or leave out at room temperature for an hour, covered, then serve.

### Party Cole Slaw

6 cups shredded cabbage  
3 cups shredded carrots  
8 tbsp olive oil  
2 oz lemon juice  
1 tbsp kelp  
1 tbsp apple cider vinegar  
2 tbsp honey  
1 tbsp ground caraway seeds  
1 tbsp ground celery seeds

Keeps in refrigerator for two days.

### Sauerkraut and Beet

2 heads white cabbage  
1 head red cabbage  
½ cup soaked wakame seaweed  
½ cup grated beets  
1 tsp caraway  
1 tsp thyme  
1 tsp juniper

Shred cabbage and grind herbs. Mix together and pound with a rolling pin without handles or a baseball bat in a metal container until the juice starts to come to the top. Place in a clay or glass storage container but not anything metal or plastic. Cover with the outer cabbage leaves or a screen and place a plate on top for weight. Leave at room temperature. After a week it should be ready. Remove top leaves and mold. Taste for your own preference. Refrigerate to stop fermentation.



## Salads – Marinated

### Marinated Sprouts

1 cup mixed alfalfa, mung and fenugreek  
2 chopped celery stalks  
½ cup sliced mushrooms  
1 chopped red onion  
1 chopped green bell pepper  
1 clove garlic crushed  
2 tbsp chopped parsley  
½ tsp oregano

#### Dressing:

1 tbsp olive oil  
1 lemon juiced  
1 tsp honey  
1 tbsp kelp or dulse

Bed of buckwheat lettuce

Blend dressing and mix with the vegetables.  
Refrigerate or let sit for a while. Serve on a  
bed of buckwheat lettuce.

### Garden of Eden Salad

½ cup finely diced carrots  
½ cup finely diced celery  
½ cup finely diced parsley  
½ cup finely diced red onion  
½ cup finely diced beets  
½ cup finely diced mung bean sprouts  
¼ cup sunflower seeds  
¼ cup currants  
½ cup crumbed sun bread

#### Dressing:

½ cup olive oil  
1 tbsp tamari  
1 tbsp honey  
2 tbsp lemon  
2 tsp basil  
2 tsp sage  
1 tsp kelp



### Marinated Brussel Sprouts

1½ cups brussel sprouts  
½ cup lemon juice  
½ cup olive oil  
2 cloves garlic  
1 tbsp savory  
¼ cup sliced red pepper

### Marinated Vegetables

1 cup sliced cucumbers  
1 cup sliced red onion rings  
1 cup quartered tomatoes

#### Dressing:

¼ cup apple cider vinegar  
2 tbsp olive oil  
½ tsp sweet basil  
½ tsp oregano  
½ tsp kelp  
pinch of rosemary, thyme and marjoram  
2 cloves garlic crushed.

Mix dressing and vegetables. Let marinate  
two hours or overnight in the refrigerator.

### Marinated Mushrooms

Use the same dressing as in above recipe  
and substitute mushrooms for the other  
vegetables.

### Carrot and Raisin Crunch

6 cups shredded carrots  
1 cup sunflower seeds  
½ cup shredded coconut  
1½ cups soaked raisins or date bits (soak in apple juice)

#### Dressing:

3 oz orange juice  
2 oz lemon juice  
4 tbsp olive oil  
1 tbsp kelp  
2 tbsp honey  
1 tbsp cinnamon

Mix well. Will keep up to four days covered  
in refrigerator.

### Sauerkraut

1 head shredded cabbage  
½ tsp. ground caraway seeds  
½ tsp. ground celery seeds  
½ tsp. ground dill seeds  
1 tsp. kelp  
½ quart water

Place mixed ingredients in a clay storage  
container. Follow directions from previous  
recipe. Pour off juice and refrigerate to use  
in sauces or soups.

## PRAYER BEFORE MEAL

OM

Anna Poome Sadhaa Poome  
Shankara Praana Vallabe  
Gnaana Vairaagya Siddhyartham  
Bhikshaam Dhehee Cha Paarvathee

Mathaa Cha Paarvathee Devee  
Piithaa Devo Maheshwaraha  
Baandhawaa Siva Bhakthaaha  
Swadesho Bhuvana Thrayam

Hari Om Tat Sat Brahmaarpanamasthu  
Lokaa Samasthaa Shukino Bhavanthu

OM

Mother Nature, Who comes to our table as food,  
Endlessly bountiful, benefactor of all:  
Please grant us health and strength,  
wisdom and dispassion.

My Mother is Mother Nature  
My father is the Lord of All  
All people are my relatives  
The entire universe is my home

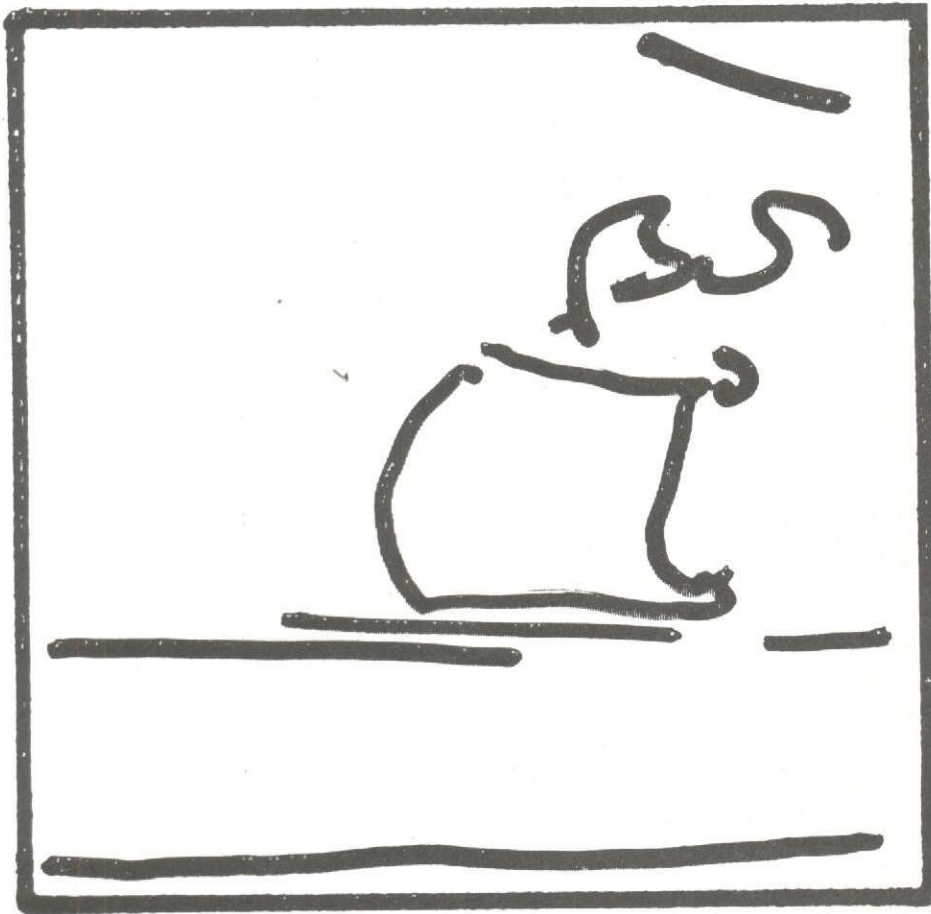
I offer this unto Om, that truth which is Brahman.  
May the entire Creation be filled with Peace and Joy.



Photograph by courtesy of Satchidananda Ashram, Yogaville East



## FRUIT SALADS



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## Fruit Salads

Fruits are perfect God-given foods, and are best eaten by themselves in the sunshine. Fruits are sunblessed and nourish our souls. There is much to learn from studying growing fruits. They should only be eaten when properly sunripened and soft. They are easily digested this way. Notice the different personalities of each of your

favorite fruits. Fruit makes an excellent breakfast. Try to eat part of the skin of your fruit except with orange peels or inorganic produce. It is best to eat one food at a time. Eat fruits that are in season. Eat simple combinations when you do mix. Whatever fruit that is available put it into a salad, it will always taste good.

**AVOCADOS** – earthy, go with everything.  
Good mixers.

**BANANAS** – mellow. Sweet, laxative.  
Unripe, constipative.

**PINEAPPLES** – emotional strength  
self confidence

**PAPAYAS** – digestion food.

**MANGOS** – delicious heaven fruit. Perfectly balanced.

**COCONUT** – very rich, best to strain  
out pulp. Eat sparingly. May substitute almonds in recipes.

**MELONS** – purifiers of body and spirit.

**CHERRIES** – brain and nerve food.  
Good for thinking.

**WATERMELONS** – water fruit in tune  
with the moon and good for the kidneys. Balancing.

**APPLES** – good for strengthening the  
body.

**GRAPES** – invite divine love, cleansing  
mental food.

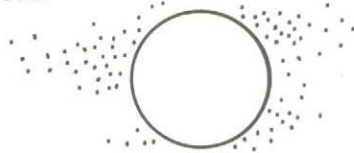
**TOMATOES** – blood purifiers.

**ORANGES** – expanding, exuberant

**PEACHES** – sweet and temporary.

**PLUM** – energizes the intestines, heightens the spirit.

“Out of the ground God planted every tree that is pleasant to the sight and good for food.”  
—Genesis



There are many fruit sauces in the recipe section. Choose the fruit combination that you like. Pour sauce over your salads for that extra – special affair.

## Fruit Salads

### Winter Salad

2 cups pineapple chunks  
1 cup orange slices  
1 cup strawberries  
½ cup shredded coconut  
½ cup brazil nuts  
½ tsp cinnamon

### Fruit Salad

slices of apple  
soaked raisins  
ground walnuts

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### FRUIT COMBOS

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slices of banana, black cherries, pineapple, shredded coconut; slices of banana, apples & grapes, or pineapple; banana, pear, strawberries; apples, peaches, pears, grapes, cherries; strawberries, peaches

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### Natural Blend

½ avocado  
4 bananas

Mash or slice together well and enjoy plain or with cinnamon.

### Tomatoes and Grapes

2 cups chopped tomatoes  
1 cup chopped cucumber  
1 cup halved seedless grapes

### Sprouts and Apples

3 diced apples  
1 diced green pepper  
2 cups red clover sprouts

### Colorful Cubes

1 cup cubed cucumber  
½ cup cubed green or red bell pepper  
2 cups cubed tomatoes  
1 cubed avocado

### Bananas and Grapes

4 sliced bananas  
1 lb. seeded grapes

### Summer Berries

any available berry in season  
top with 1 tbsp sun cheese

### Delighted Trio

1 diced avocado  
1 diced orange  
2 diced tomatoes

### Melon Trio

chopped watermelon  
cantaloupe  
honeydew

### Fruit Magic

1 banana  
4 peaches  
1 pear  
bunch of seeded grapes

Chop everything into large pieces  
sprinkle with lemon juice.

### Orange Sunrise

1 cubed mango  
1 orange sectioned.  
1 cubed pineapple

### Fruit Duo

½ diced avocado  
½ diced pineapple

### Pineapple Trio

1 diced pineapple  
1 diced avocado  
2 diced tomatoes

### Simple Salad

1 sliced banana  
½ sliced pineapple

### Yellow Breakfast

1 papaya  
½ pineapple chopped  
½ lime or lemon juice

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## FRUIT SALADS

½ cup chopped apples  
½ cup soaked raisins  
2 sliced bananas  
2 cups sectioned grapefruit  
other fruits in season:  
grapes, papaya, coconut

½ lemon juiced  
½ grapefruit juiced  
3 oranges juiced  
1 diced pineapple  
1 diced grapefruit  
2 diced pears  
3 diced oranges

1 cup seedless grapes  
1 cup diced papaya  
1 sliced plum

1 sliced banana  
1 cup sliced peaches  
½ cup sliced nectarines  
1 tsp ground pumpkin seeds  
1 tsp ground sesame seeds  
1 tsp ground sunflower seeds

### Papaya

½ papaya  
¼ lime or lemon

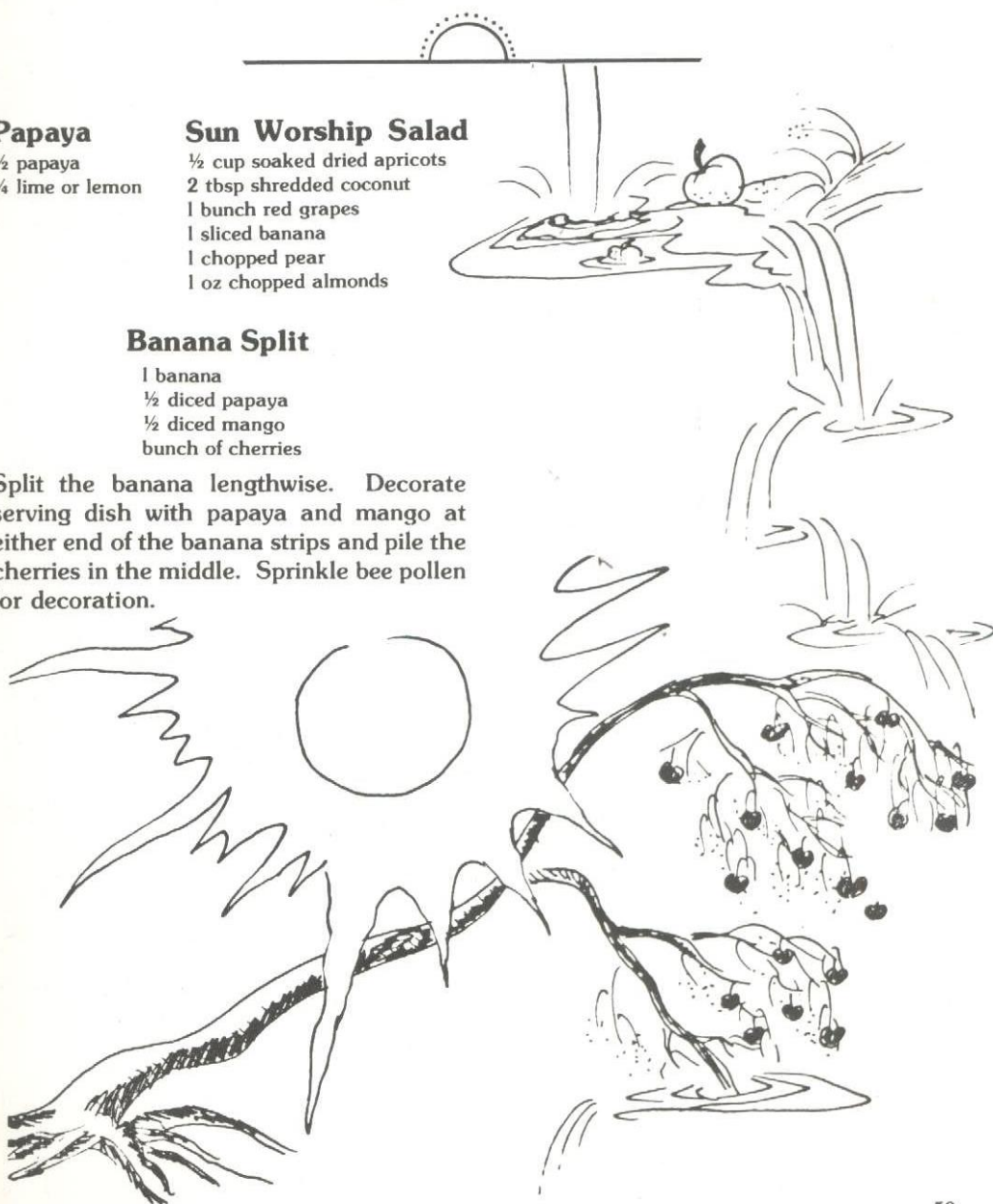
### Sun Worship Salad

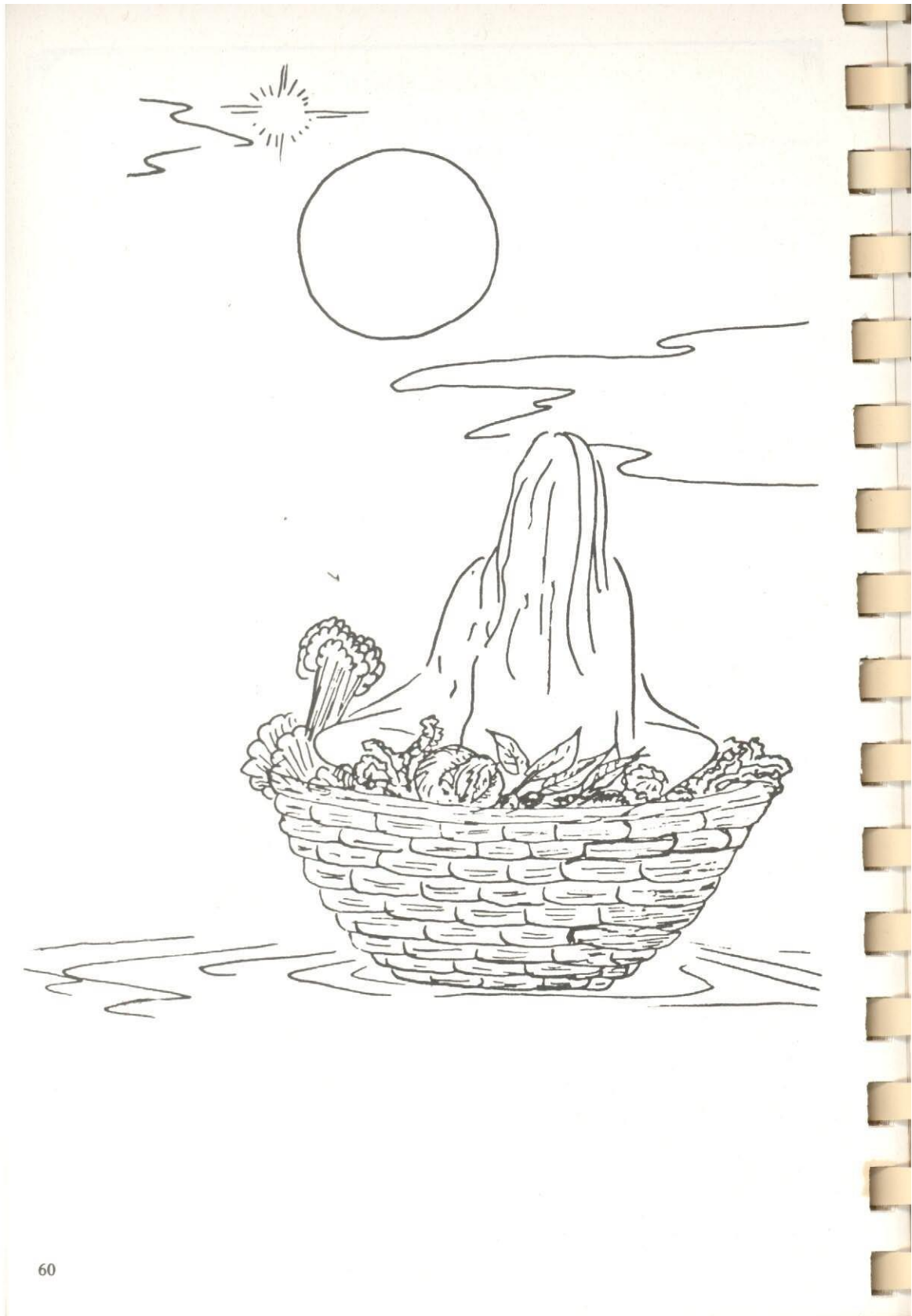
½ cup soaked dried apricots  
2 tbsp shredded coconut  
1 bunch red grapes  
1 sliced banana  
1 chopped pear  
1 oz chopped almonds

### Banana Split

1 banana  
½ diced papaya  
½ diced mango  
bunch of cherries

Split the banana lengthwise. Decorate serving dish with papaya and mango at either end of the banana strips and pile the cherries in the middle. Sprinkle bee pollen for decoration.





## Salad – Stuffed

### Stuffed Pineapple

1 pineapple

#### Stuffing:

2 cups grated celery  
 ¾ cup pignolia nuts  
 1 tsp sage  
 2 tbsp chopped chives  
 1 clove garlic

#### Dressing:

1 avocado  
 ¼ cup lemon  
 ¼ cup olive oil

Cut pineapple in half and scoop out the meat leaving a ⅛" shell. Mix stuffing and dressing and pineapple cubes and stuff the shells.

### Stuffed Avocado

1 avocado  
 1 cup alfalfa sprouts  
 1 tbsp chopped raisins  
 2 tbsp lemon and oil dressing  
 paprika

Scoop out each half of the avocado and mash the meat with the raisins and dressing. Refill shells and sprinkle with paprika.

### Stuffed Apples

4 apples  
 1 banana  
 1 pint strawberries  
 lemon juice

Cut off the tops of the apples either in a straight or zig-zag line. Scoop out meat carefully and mash. Gently mix with grapes and refill shell. Top with red clover sprouts.

### Apple Shells

4 small apples  
 1 cup nut cream  
 ¼ cup soaked dates or raisins

Cut off apple tops and scoop out center. Mix chopped apple from center with nut cream of your choice and dried fruit. Refill and top with dates or raisins.

### Stuffed Tomatoes

2 large tomatoes

#### Stuffing:

½ cup grated carrot  
 ½ cup red clover sprouts  
 ½ cup soaked currants  
 2 tbsp chopped green onion

#### Dressing:

¼ cup cashews  
 1 tsp kelp or dulse  
 ½ tsp paprika  
 1 tsp dill weed  
 ½ cup rejuvelac  
 1 tbsp olive oil  
 ½ lemon juiced

Blend dressing and mix with the stuffing and meat from tomatoes. Stuff the tomato shells. Serve on lettuce or comfrey leaves and let the extra stuffing surround the tomato on the greens.

### Cheese Stuffed Tomatoes

2 large tomatoes

#### Stuffing:

1 cup sun cheese  
 1 tbsp chopped parsley  
 1 tbsp chopped scallions  
 1 tbsp chopped green pepper  
 1 cup alfalfa sprouts

Scoop out tomatoes and mix filling and inside tomato meat. Top with alfalfa sprouts.

### Avocado Boat

1 avocado  
 1 bunch of seedless grapes

Cut avocado in half and remove seed. Scoop out meat carefully and mash. Gently mix with grapes and refill shell. Top with red clover sprouts.

### Cucumber Boat

1 cucumber  
 1 avocado  
 2 small tomatoes  
 lemon juice

Slice cucumbers in half and scoop out seeds. Mash avocado and fill cucumber. Top with thin slices of tomato.





## Salad Stuffed

### Cucumber Vegetable Boat

Cut cucumbers in half and scoop out the seeds to leave a shell. Chop mixture of chives, celery, olives, tomatoes, and red peppers. Toss with your favorite salad dressing and refill cucumber shells.

### Pear Baskets

1 large pear  
½ cup diced banana  
¼ cup diced papaya

Halve pears and scoop out the center. Mix with the center. Mix with the other cut up fruit and refill. Sprinkle with ground sunflower seeds for decoration.

### Avocado Shells

2 large avocados  
2 red bell peppers  
4 tomatoes  
½ lemon juiced

Halve avocados and take out the seed and meat carefully. Cut up avocado and mix with peppers and tomatoes. Refill shells and top with lemon juice.

### Stuffed Avocados

1 avocado  
1 tbsp chopped celery  
1 tbsp chopped parsley  
1 tbsp chopped onion  
½ cup cauliflower flowerets

Peel avocado carefully and slice in half removing seed. Mix together chopped vegetables and fill halves. Top with favorite dressing and a dash of cayenne.

### Stuffed Peppers

2 small green or red bell peppers  
½ cup shredded cabbage  
¼ cup chopped scallions  
1 tbsp chopped parsley  
¼ tsp dill  
2 tbsp favorite dressing

Cut off tops of the peppers and scoop out the seeds. Mix all the ingredients and refill. Top with alfalfa sprouts.

### Apricot Drops

apricots  
nut cream

Halve apricots and take out the seeds. Fill center with nut cream of your choice.

### Stuffed Tomatoes

2 small tomatoes  
1 avocado

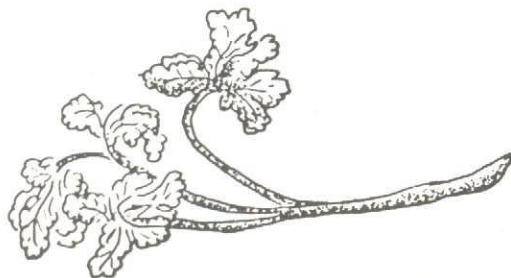
Cut tomatoes in half and scoop out the center carefully. Mash together avocado and tomato centers. Add 1 tbsp. of your favorite dressing and refill halves. Top with parsley sprigs.

### Stuffed Apples

4 large apples  
lemon juice  
1 cup ground almonds  
½ cup water  
½ cup chopped dates

Cut off tops of the apples and scoop out the center. Brush inside with lemon juice. Mix or blend nuts and water to make a cream. Add dates and stuff.

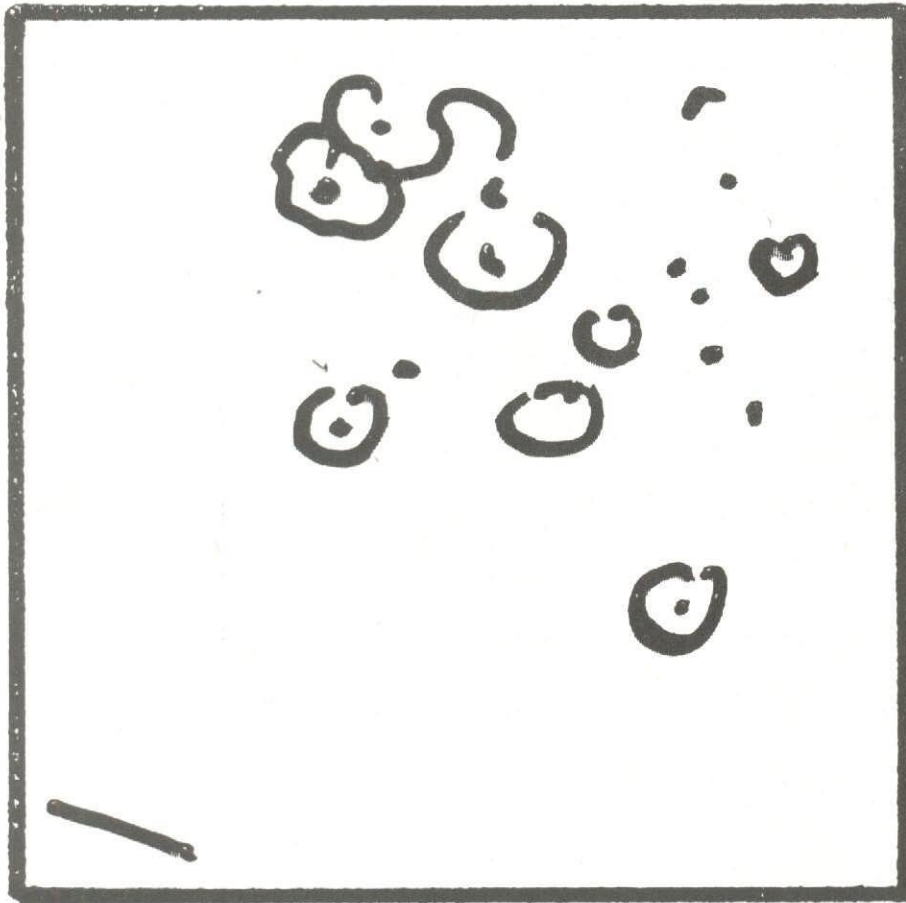
Stuff mushrooms or celery with your favorite dip.



*Health is our greatest wealth*



## SANDWICHES



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## Sandwiches

### Apple Sandwiches

1 large apple  
lemon juice

Slice apple into thick circles. Brush with lemon juice to stop any discoloration. Spread with your favorite butter, jam, or spread.

### Pineapple Sandwiches

1 pineapple  
lemon juice  
avocado spread  
pitted dates (optional)

Remove outer skin from the pineapple and slice in thick circles. Brush with lemon juice and spread. Top with dates if desired.

### Seaweed Tacos

$\frac{1}{4}$  cup buckwheat lettuce  
 $\frac{1}{2}$  cup mixed greens  
 $\frac{1}{2}$  cup mixed sprouts  
favorite dressing  
kelp and cayenne to taste  
nori seaweed

Place greens and sprouts topped with dressing on a flat sheet of nori. Roll into log shaped sandwiches and enjoy. This is a great sandwich substitute and supplies complete vitamins and minerals.

### Squash Sandwich

1 tomato  
1 avocado  
1 grated celery stalk  
1 tbsp. chopped onion  
1 tsp. lime juice  
 $\frac{1}{4}$  tsp. honey  
1 clove garlic crushed

Mash tomato and avocado together and mix with the remaining ingredients. Spread on thin slices of large zucchini or eggplant dipped in lime juice to prevent darkening.

### Salad Tacos

1 mashed avocado  
1 cup mixed sprouts  
3 tbsp. orange juice  
1 tbsp. olive oil  
tender cabbage, romaine or comfrey leaves

### Garden Sandwich

3 avocados  
1 pineapple  
comfrey leaves

Cut up the avocados and pineapple into edible size cubes. Mix well and roll in comfrey leaves. Great for picnics.



*Kids love those sprouts*

## Sandwiches and Spreads

### Make Believe Pizza

1 4" Pizza shaped sunbread  
1 tbsp. olive oil  
3-4 slices ripe tomato  
1 tbsp. chopped onion  
1 clove crushed parsley  
¼ tsp. oregano  
¼ tsp. basil  
½ tsp. more olive oil  
½ tsp. tamari  
cayenne to taste

Layer ingredients as they are given on the sun bread and let's pretend.

### Sun Bread Special

1 4" circle shaped sunbread  
½ cup alfalfa sprouts  
1 tomato sliced  
½ avocado sliced  
¼ cup sliced mushrooms

### Tostada

1 4" circle shaped sunbread  
½ cup shredded lettuce  
¼ cup lentil sprouts  
½ avocado  
1 tbsp. chopped hot peppers  
¼ cup alfalfa sprouts  
1 tbsp. mixed lemon juice and kelp

Mash the avocado with lentil sprouts, lemon, and kelp and hot peppers. Place on the bed of shredded lettuce and sunbread. Top with alfalfa sprouts.

### Orange Cashew Butter

1 cup ground cashews  
½ cup orange juice

Blend.

### Apple Date Spread

1 apple  
½ cup apple juice  
10 pitted dates  
½ cup sunflower seeds

Blend

### Peach Whip

1 cup dried peaches  
1 tsp. honey

Soak overnight and blend, using a little of the soak water.

### Fruit and Nut Spread

1 cup fresh chopped fruit: peaches, apples, strawberries, or pears  
1 cup sunflower cheese

Blend or mix.

### Nut Filled Spread

½ cup chopped carrots  
½ cup chopped tomatoes  
¼ cup chopped green bell pepper  
1 clove garlic crushed  
¼ cup chopped parsley  
2 tbsp. olive oil  
1 tsp. sage  
½ cup sun cheese

Blend or put vegetables through food mill. Serve on nori sheets or leaf sandwiches.

### Tofu Spread

1 cup tofu  
1 tbsp miso  
2 tbsp nutritional yeast  
¼ cup chopped scallions  
2 tbsp olive oil  
1 clove garlic crushed

Blend.









## Apple Sauce and More

### Apple Sauce

2 apples  
¼ cup water or apple juice  
4 sliced figs  
1/8 tsp. cinnamon

Blend until smooth

### Fruit Butters

1 cup dried apples  
hot water to cover

Let soak for an hour. Blend or mash. Add cinnamon, allspice, ginger, or coriander. If you want a thicker butter add 1 tsp. of slippery elm powder or arrowroot powder.

Variations:

Try other dried fruits: pear, apricot, pineapple, peach, fig, etc.

### Pineapricot Jam

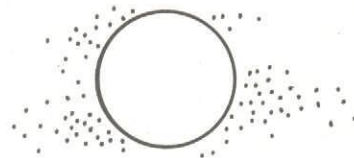
½ cup dried apricots  
1 cup pineapple juice  
½ cup pitted dates

Soak fruit in juice for an hour and blend or mash

### Apple Date Butter

1 cup chopped apple  
½ cup apple juice  
12 pitted dates

Blend apples and juice. Add dates one by one until a thick, smooth blend.



## Spreads

### Avocado Spread

1 mashed avocado  
½ tsp. lemon juice

Mix

### Date Butter

½ cup soaked pitted dates  
1 tsp. lemon juice

Blend. Add water as needed

Variations:

Try any dried fruit for above recipe.

### Date Spread

½ cup soaked pitted dates  
enough prune juice to blend

Blend. Keep thick.

### Strawberry Jam

1 cup strawberries  
2 tbsp. ground sunflower seeds  
honey to taste

Blend.



## Mayonnaise

### Avocado

1 avocado  
 ½ cup lemon juice  
 2 cups olive oil  
 ½ cup honey  
 2 tbsp lecithin granules (optional)

Blend.

### Cashew

½ cup cashews  
 1 tbsp. chopped onion  
 1 cup water  
 1 cup olive oil  
 2 lemons juiced  
 1 tsp. kelp or dulse  
 ½ tsp. paprika

Blend.

### Tofu

¾ cup tofu  
 3 tbsp. lemon juice  
 4 tbsp. olive oil  
 2 tsp. tamari  
 1 tsp. chopped parsley  
 fresh ground black pepper  
 optional: garlic, onion or dill

Blend.

### Ketchup

1 cup tomatoes  
 ¼ cup olive oil  
 1 tbsp. honey  
 1 tbsp. lemon juice  
 1 tsp. chopped onion  
 ½ tsp. tamari  
 pinch of oregano

Blend.

### Cashew Nut Cream

1 cup cashews  
 ½ cup water

### Apple Cashew

1 cup ground cashews  
 1 cup chopped apples  
 1 tbsp. lemon juice  
 1 tbsp. water

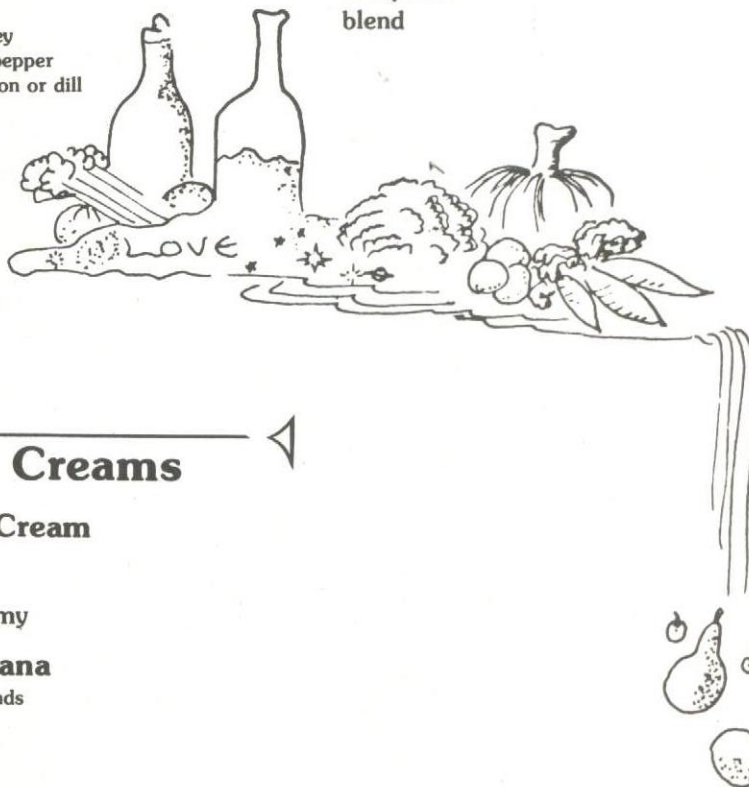
Blend

Variations:

Try other fruits substituting for the apples: peaches, strawberries, pears, plums, and cherries. Add or subtract water depending on desired consistency.

### Miso Tahini Spread

1 cup tahini  
 ¼ cup miso  
 blend



## Nut Creams

### Almond Nut Cream

1 cup almond  
 ½ cup water

Blend until creamy

### Almond Banana

½ cup ground almonds  
 2 bananas

Blend





*Sunflower lettuce*



## Vegetable Loaves

### Vegetable Nut Loaf

1 cup grated carrots  
1 cup tomatoes  
1 cup grated celery  
½ cup chopped parsley  
½ cup grated green bell pepper  
2 tbsp. olive oil  
1 clove garlic crushed  
enough ground nuts to hold it together

Mold into oiled serving dish and garnish

### Vegetable Patties

2 avocados  
½ cup ground sunflower seeds  
2 cups grated cabbage  
1 tsp. kelp  
1 tbsp. chopped parsley

Mash avocados and cabbage together. Add remaining ingredients and form into burgers and serve on sprouts or green lettuce.

### Fermented Seed Loaf

1 cup ground sunflower seeds  
1 cup ground sesame seeds  
½ cup ground almonds  
1 chopped pepper  
1 chopped onion  
2 chopped celery stalks  
¼ cup chopped parsley  
½ cup chopped mushrooms  
3 cloves garlic crushed  
herbs of your choice: basil, thyme, caraway, oregano, or marjoram  
3 tbsp. kelp  
3 tbsp. rejuvelac

Make a moist dough out of the above ingredients. Set aside for one to two days in a warm place (70 – 80°) to ferment. Keep covered. Form into a loaf, decorate and serve. This is a very rich food and should be eaten in small amounts with salads or as a sandwich spread. Will last a long time in the refrigerator covered.

### Veggie Sun Cheese

2 cups sun cheese  
1 cup mushrooms  
½ cup chopped green bell pepper  
2 cloves garlic crushed  
¼ cup grated beets  
1 tbsp. kelp

### Vegetable Seed Loaf

Use the same recipe as for Fermented Seed Loaf only use more vegetables like: shredded carrots, sprouts, chopped tomatoes, corn broccoli and cauliflower buds, etc.

## Croquettes

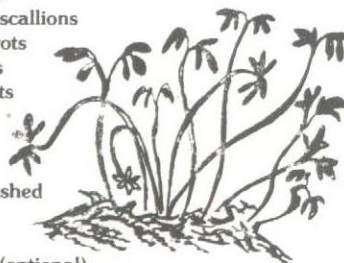
### Mock Tuna

1 cup alfalfa sprouts  
¼ cup mung bean sprouts  
¼ cup lentil sprouts  
½ cup chopped celery  
1 tbsp. kelp  
2 tsp. chopped red onion  
1 tbsp. chopped parsley  
1 cup seed cheese

Combine ingredients saving alfalfa sprouts for last. Gently stir in alfalfa and serve on salads, by itself or in tomato cups.

### Sun Tuna

2 cups sun cheese  
½ cup chopped scallions  
½ cup grated carrots  
1 cup lentil sprouts  
1 cup alfalfa sprouts  
1 tbsp. basil  
1 lemon juiced  
1 tbsp. coriander  
2 cloves garlic crushed  
1 tbsp. tamari  
2 tbsp. kelp  
1 tsp. curry spices (optional)  
½ cup chopped celery



### Croquettes

1 cup lentil sprouts  
½ cup chopped parsley  
1 clove garlic crushed  
1 cup grated carrots  
½ cup chopped green onion  
¼ tsp. cumin  
¼ tsp. poppy seeds  
¼ tsp. cayenne  
½ cup sun cheese

Mash sprouts and carrots. Mix with other ingredients and roll into balls. Serve with salad and favorite dressing.

## Mock Chicken

2 cups lentil sprouts  
1 cup scraped corn  
¼ cup chopped green onion  
½ cup diced celery  
¼ cup sun cheese  
2 tsp. kelp  
2 tsp. nutritional yeast  
dash of tamari

Put sprouts and corn through grinder or champion juicer. Mix with other ingredients. Form loaf, patties, or croquettes. Let sit in the refrigerator for flavors to blend.

## Avocado Loaf

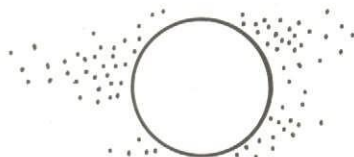
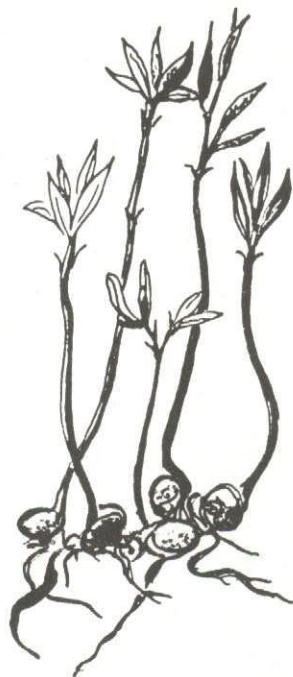
3 avocados  
¼ cup chopped green onion  
½ cup diced celery  
¼ cup chopped parsley  
½ cup grated carrots  
¼ cup sliced mushrooms

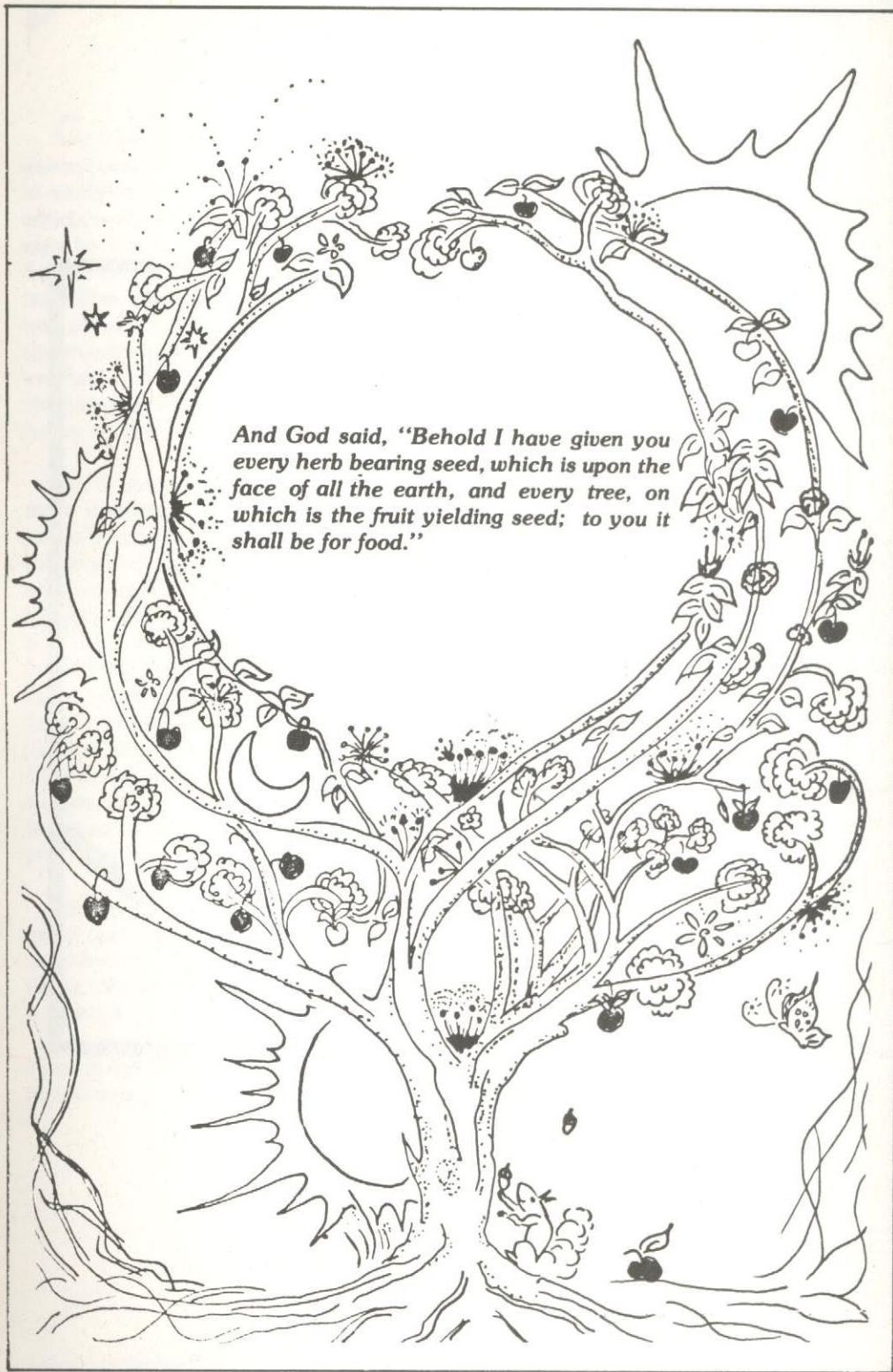
Mash avocado. Mix with chopped vegetables. Add more grated carrots if needed to hold together to form into a loaf. Decorate on top with sliced mushrooms.

## Pea Croquettes

2 cups garden peas  
½ cup diced celery  
½ cup grated carrots  
½ cup finely chopped buckwheat greens  
½ cup sunflower cheese

Mash or put vegetables through food mill. Add greens and cheese. Roll into croquettes and sprinkle with paprika.





And God said, "Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, on which is the fruit yielding seed; to you it shall be for food."



## SAUCES



peter max©  
1978

## Sauces

God has given us food full of beautiful natural seasonings, but because of diets rich in artificial seasonings, (salts and sugars) which most of us were accustomed to, there may be a need of creative sauce making. Sauces can really liven up any dish. Try to transition yourself toward lighter sauces, less oils, less seeds, less spices, and enjoy the true taste of Nature's fine foods. They are best without any disguise. For better cleansing results avoid dressings with honey or apple cider vinegar.

In French cuisine the sauce plays the most important part of the dinner. The subtle fragrance or pinch of herbs that only the gourmet can recognize. It will make you blush as your friends will try to guess what herb blends you have invented. Each sauce is a new creation, a new breath of life. Sometimes I get so carried away inventing that I forget what I did put in my sauces. That is when I love working in the kitchen, I just use my nose and sense and leave my mind and memory behind. I have left some recipes for you to choose your own herb selection to help you get started in inventing your own blends.

I strongly recommend the use of pure green raw cold pressed olive oil that is rich in chlorophyll for all food preparation. Other oils have been heat treated and are very hard to digest.

Prepare the following dressings with the use of a blender.

### HERBS

Basil	Nutmeg
Bay leaves	Oregano
Caraway	Paprika
Cayenne	Parsley
Chili	Black Pepper
Chervil	Peppermint
Chives	Poppy seeds
Coriander	Rosemary
Cumin	Sage
Curry	Savory
Dill	Tarragon
Garlic	Tumeric
Ginger	Thyme
Lemon Peel	
Marjoram	
Mustard	

Mix your favorite combinations of herbs and keep in airtight containers for ready use. For example:

### Italian Seasonings

2 tbsp. oregano  
2 tbsp. basil  
1 tbsp. rosemary  
1 tbsp. thyme  
1 tsp. paprika

### Salad Herbs

2 tbsp. chives  
2 tbsp. parsley  
1 tbsp. basil  
1 tbsp. savory  
1 tsp. tarragon  
1 tsp. mint



### **French Dressing**

1 cup olive oil  
2 cups chopped tomatoes  
¼ cup tamari  
2 cloves garlic  
2 tbsp. honey  
fresh ground black pepper to taste

### **French Sunflower Dressing**

1 cup oil  
¾ cup lemon juice  
¼ cup tamari  
2 chopped tomatoes  
1 tbsp. honey  
1 tsp. basil  
1 tsp. oregano  
1 tsp. paprika  
3 cloves garlic  
1 cup sunflower seeds  
1 tbsp. nutritional yeast (optional)

Blend and add water as needed.

### **Miso Dressing**

1 cup tofu  
2 tbsp. miso  
¼ cup olive oil  
¼ cup lemon  
2 tbsp. honey

Water to blend. Keep thick.

### **Tofu Sesame**

1 cup tofu  
1 cup water  
2 tbsp. tamari  
¼ cup olive  
1 tbsp. honey  
¼ cup sesame butter  
1 tbsp. chopped parsley  
2-3 cloves garlic  
½ cup lemon juice  
1 tsp. kelp

Blend liquids and spices

### **Tofu Dressing**

1 cup tofu  
¼ cup parsley  
2 cloves garlic  
¼ cup lemon juice  
¼ cup olive oil  
1 tbsp. honey  
1 tbsp. tamari

### **Tahini Dressing**

½ cup lemon juice  
¼ cup olive oil  
2 tbsp. sesame butter  
2 tbsp. honey  
2 tbsp. water

### **Beetnut Dressing**

1 cup chopped beets  
1 cup carrot juice  
1 cup almonds  
4 oz. rejuvelac or water  
2 cloves garlic  
1 cup olive oil  
1 lemon juiced  
1 tbsp. kelp or dulse

### **Comfrey Sprout Dressing**

1 tomato  
2 cups alfalfa sprouts  
1 tbsp. lemon juice  
1 tbsp. kelp or dulse  
1 tsp. tamari  
½ cup fresh comfrey  
1 tsp. Dr. Bronner's mineral  
salts (optional)

### **Olive Oil Plus**

½ cup olive oil  
¼ cup lemon juice  
2 cloves garlic  
1 tbsp. nutritional yeast

### **Caraway Dressing**

1 avocado  
1 tomato  
1 lemon juiced  
1 tbsp. caraway seeds  
2 cloves garlic  
1 tbsp. kelp  
Add more tomatoes to blend

### **Avo Gardener**

1 avocado  
¼ cup fresh chopped comfrey  
2 cloves garlic  
Beet or carrot juice to blend



### Simple Sauce

½ lemon juiced  
½ cup apple, beet, or tomato juice  
1 tbsp. olive oil  
pinch of dill  
1 tsp. kelp  
cayenne to taste

### Alfalfa Sauce

1 cup alfalfa sprouts  
1 lemon juiced  
½ cup olive oil  
1 tbsp. chopped onion  
pinch of basil, tarragon,  
oregano, celery seed and mint

### Yellow Sauce

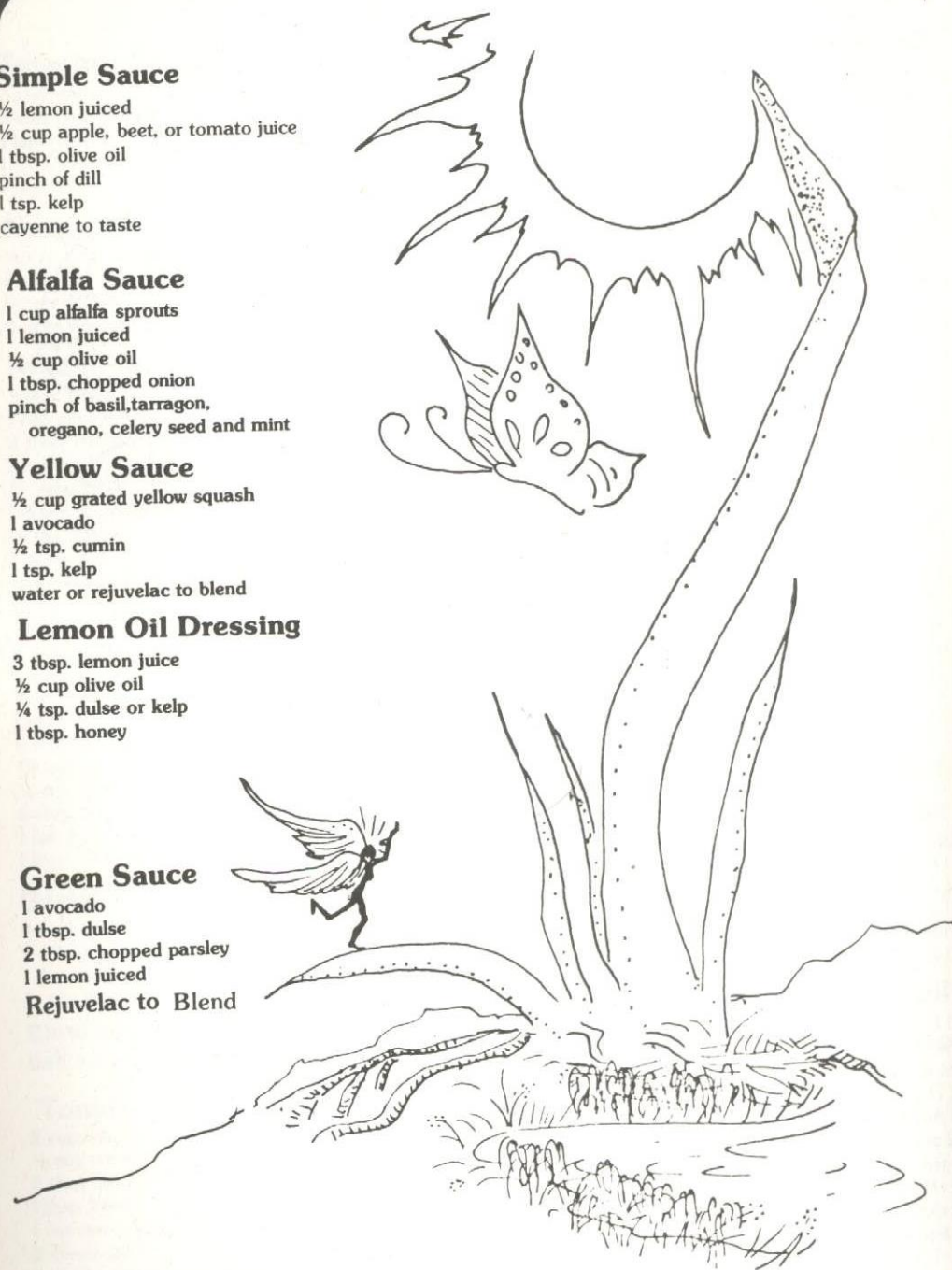
½ cup grated yellow squash  
1 avocado  
½ tsp. cumin  
1 tsp. kelp  
water or rejuvelac to blend

### Lemon Oil Dressing

3 tbsp. lemon juice  
½ cup olive oil  
¼ tsp. dulse or kelp  
1 tbsp. honey

### Green Sauce

1 avocado  
1 tbsp. dulse  
2 tbsp. chopped parsley  
1 lemon juiced  
Rejuvelac to Blend



## Dressings

### Cucumber and Lemon

1 cup lemon juice  
2 cucumbers  
2 tbsp. honey  
3 tbsp. oil  
1 tbsp. kelp  
1 tbsp. dill weed  
¾ cup sunflower seeds (add last)

### Parsley Dressing

1 ¾ cups water  
2 celery stalks  
½ cup olive oil  
1-3 cloves garlic  
¼ cup parsley  
1 tsp. tamari

### Herb Dressing

3 parts oil  
1 part lemon  
dash of basil, rosemary, oregano, garlic,  
cayenne and tamari.

### Sesame Dressing

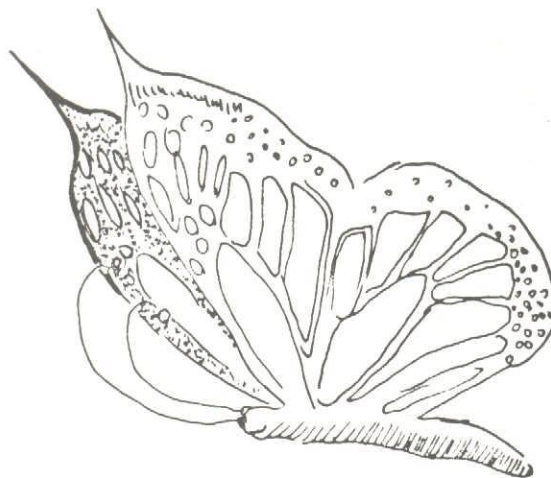
½ cup sesame butter  
½ cup parsley  
½ lemon juiced  
1 tsp. tamari  
¼ cup water

### Ginger Dressing

½ cup olive oil  
3 tbsp. lime juice  
grated lime rind  
1 tbsp. honey  
1 tbsp. grated ginger root  
1 clove garlic  
1 tbsp. beet juice  
1 tsp. tamari

### Russian Dressing

1 cup tomatoes  
½ cup olive oil  
½ cup lemon juice  
1 chopped green onion  
1 tbsp. honey  
2 tsp. tamari  
1 tsp. paprika  
1 clove paprika  
1 clove garlic  
1 tsp. horseradish (optional)



### Apple Dream

½ cup apple juice  
¼ cup celery juice  
2 tbsp. lemon juice  
2 tbsp. olive oil  
1 tsp. honey

### Mint Dressing

½ cup fresh chopped mint  
1 cup olive oil  
½ cup lemon juice  
2 tbsp. honey

### Mushroom and Watercress

1 cup olive oil  
1/3 cup lemon juice  
½ cup watercress  
½ cup sliced mushrooms  
2 tbsp. tamari  
2 cloves garlic  
½ tsp. Italian seasoning  
fresh ground black pepper

### French Dressing

1 ½ cups olive oil  
2 tbsp. chopped parsley  
2/3 cups lemon juice  
2 chopped green onions  
1 tbsp. kelp  
1 tsp. Italian seasoning

## Dressings

### Tomato Cream

3 tomatoes  
2 tbsp. lemon juice  
1 tsp. cashews  
1 tbsp. olive oil  
1 tsp. honey

### Nutty Lemon Dressing

½ cup lemon juice  
1 cup olive oil  
1 tbsp. sunflower seeds  
2 tbsp. honey

### Nice 'n' Spicy

½ cup tomato juice  
1 cup olive oil  
2 tbsp. lemon juice  
1 tsp. apple cider vinegar  
½ tsp. horseradish  
1/8 tsp. mustard  
½ tsp. honey  
1 clove garlic  
cayenne to taste

### Hot Sauce

2 large tomatoes  
1 bell pepper  
1 red onion  
1 clove garlic  
2 hot peppers  
1/8 tsp. cumin  
¼ tsp. oregano  
2 tbsp. lemon juice  
1 tsp. honey  
1 tbsp. olive oil

### Garlic Dressing

3 cups olive oil  
5 sliced garlic cloves  
1 tbsp. kelp  
½ cup chopped parsley

Blend or mix in a bottle. Let marinate for half a day. Delicious on everything.

### Tomato Sun Dressing

2 cups chopped tomatoes  
½ cup olive oil  
2 tbsp. kelp  
1 tbsp. honey  
1 tsp. sweet basil  
2 cloves garlic  
1 cup sunflower seeds (add last, gradually)

### Italian Dressing

1 cup olive oil  
½ cup apple cider vinegar  
¼ cup tamari  
½ cup water  
3 cloves garlic  
1 tsp. sweet basil  
2 tbsp. kelp  
1 tbsp. savory  
1 tsp. oregano

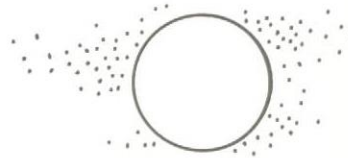
### Alternative Italian

2 cups olive oil  
2 tbsp. basil  
1 tsp. oregano  
2 cloves garlic  
2 tbsp. paprika  
2 tbsp. chopped parsley  
1 tbsp. chopped onion  
2 tsp. kelp  
pinch of thyme  
cayenne to taste

### Open Sesame Dressing

½ cup sesame seeds  
1 tsp. chopped onion  
1 tsp. chopped parsley  
1 tsp. cayenne  
1 clove garlic  
1 tsp. chopped comfrey  
1 tsp. kelp  
1 tsp. paprika  
1 tsp. tamari  
rejuvelac or water

Blend all seasonings with ½ cup liquid. Add sesame gradually. Blend to cream.





### **Sprout Dressing**

3 comfrey leaves  
3 tbsp. olive oil  
1 ripe tomato  
1 cup alfalfa sprouts  
½ cup lentil sprouts  
1 tbsp. Dr. Bronner's mineral salts  
2 tsp. kelp  
1 tsp. tamari  
2 tbsp. ground sesame or  
sunflower seeds  
½ tsp. cayenne  
small handful wheatgrass

**Blend**

### **Taco Dressing**

2 mashed avocados  
½ tsp. cumin  
½ tsp. cayenne  
½ tsp. tamari  
½ tsp. lemon juice  
1 clove garlic crushed

### **Light Tofu**

2 lemons juiced  
½ cup tofu  
1 tsp. mustard  
½ tsp. kelp or dulse  
1 tsp. tamari  
1 clove garlic  
1 tbsp. chopped parsley  
1 tsp. chopped onion

**Blend**

### **Herb Dressing**

¼ tsp. thyme, marjoram,  
tarragon  
½ tsp. basil  
½ cup olive oil  
3 tbsp. lemon juice  
1 tbsp. chopped parsley  
1 tsp. kelp

### **Light and Sweet**

Equal parts:  
lemon  
water  
honey

### **Viktoras Festivity Sauce**

1 cup sunflower seeds  
½ cup beets  
¼ cup tamari (or 2 tbsp. kelp)  
2 ½ cups water or rejuvelac  
2 lemons juiced  
3 cloves garlic  
1 tbsp. dill or basil

**Blend. May allow to sit for 6–8 hours for fermentation.**

### **Creamy Italian**

2/3 cup olive oil  
1/3 cup apple cider vinegar  
1 tsp. mustard  
pinch fresh ground black pepper  
1 tsp. tamari  
¼ tsp. basil  
¼ tsp. oregano  
2 cloves garlic  
1 tbsp. honey

### **Guacamole Dressing**

2 avocados  
½ green bell pepper  
1 tomato  
¼ cup chopped celery  
¼ cup chopped onion  
1 tbsp. chopped parsley  
½ cup lemon juice  
3 cloves garlic  
2 tbsp. tamari

**Blend**

### **Italian Ferment**

¼ cup chopped celery  
½ cup green pepper  
2 cloves garlic  
½ cup chopped onion  
2 cups tomatoes  
½ tsp. basil  
½ tsp. oregano  
pinch of thyme  
rejuvelac to blend

**Blend. Set aside for 8 hours to ferment. Add chunks of celery and green peppers.**

## Herbs and Sauces

### Avocado Dressing

½ lemon juiced  
½ cup chopped celery  
½ cup chopped green pepper  
2 cloves garlic  
½ cup chopped onion  
½ cup chopped parsley  
3 avocados  
rejuvelac to blend

Blend

### Sunflower Dressing

2 cups sunflower yogurt  
2 tbsp. chopped onion  
2 tbsp. chopped celery  
1 tbsp. dill

Blend.

Variations:

Grated carrots, squash, beets, sauerkraut,  
kelp or cucumbers

### Curry Sauce

½ cup olive oil  
½ cup lemon juice  
1 tbsp. sesame butter  
½ tsp. honey  
1 tsp. curry powder

Blend

### Tartar Sauce

½ cup olive oil  
½ cup lemon juice  
1 tbsp. sesame butter  
½ tsp. honey  
½ cup diced cucumber  
1 tbsp. chopped onion  
1 tbsp. chopped parsley

Blend.

### Pumpkin Sauce

2 cups grated pumpkin  
2 stalks chopped celery  
2 chopped scallions  
½ avocado  
½ cup grated beets  
2 cloves garlic  
1 tsp. kelp or dulse  
rejuvelac to blend

Blend. Let sit out for 8 hours to ferment.

### Herb Sauce

½ cup lemon juice  
1 cup olive oil  
2 tbsp. water  
½ tsp. oregano  
½ tsp. basil  
½ tsp. thyme  
2 cloves garlic  
2 tsp. chopped onion  
¼ tsp. cayenne

### Pineapple Sauce

½ cup pineapple juice  
¼ cup celery juice  
1 tbsp. lemon juice  
1 tsp. honey  
2 tbsp. olive oil

### Beet Sauce

1 cup olive oil  
½ cup lemon juice  
1 oz. beet juice  
1 tsp. honey

### Caranut Sauce

2 cups almonds  
3 cups water or rejuvelac  
1 tbsp. caraway seeds  
1-3 cloves garlic  
1 lemon juiced  
2 tbsp. chopped onion  
2 tbsp. nutritional yeast  
(optional)

### Radish Sauce

1 tomato  
1 tsp. honey  
1 tsp. lemon  
3 red radishes or ½ cup  
radish sprouts

### Sun Sauce

1 ½ cups water or rejuvelac  
1 cup lemon juice  
¼ cup tamari  
2 tbsp. honey  
1 ½ tbsp. paprika  
1 tbsp. basil  
1 red onion  
3 cloves garlic  
3 cups sunflower seeds

Blend. May allow to  
ferment for up to 8 hours.



## Fruit Sauces

### Fruit Juice Dressing

½ cup orange juice  
¼ cup pineapple juice  
¼ cup lemon juice  
1 cup oil  
1 tsp. honey  
seasoning to taste

Blend.

### Mellow Yellow

½ cup cantaloupe  
¼ cup honeydew  
½ lime juiced

Blend. For melon salads

### Coconut Orange

2 cups chopped oranges  
½ cup shredded coconut  
1 tbsp. lemon juice or lime juice

Blend

### Pineapple Coconut

2 cups chopped pineapple  
1 cup shredded coconut  
1 tbsp. lemon or lime juice  
2 oz. orange juice

Blend

### Coconut Sauce

1 cup shredded coconut  
½ cup coconut milk or apple juice  
1 tbsp. honey  
¼ tsp. ginger root

Blend

### Orange Love

3 persimmons, ripe

Blend with touch of water or juice. For variation, use ripe mangoes.

### Cashew Dream

½ cup soaked cashews  
2/3 cup water  
4 chopped yellow delicious apples

### Banana Apple Sauce

½ banana  
2 chopped apples  
1 tbsp. dates  
maple syrup to taste  
apple juice to blend

Blend.

### Coconut Sesame Sauce

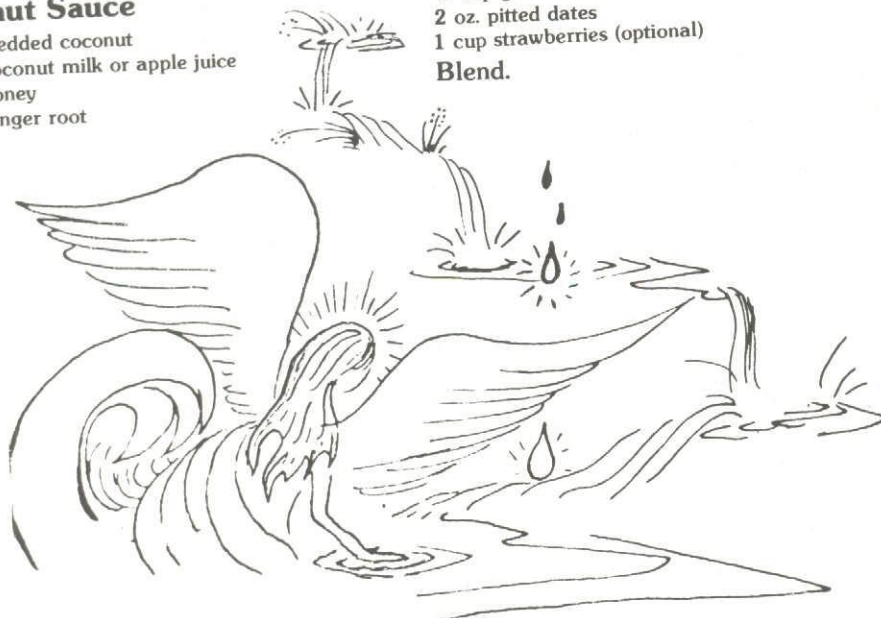
2 cups shredded coconut  
¼ cup sesame butter  
1 lemon juice  
2 tbsp. honey

Blend. Add water as needed.

### Dated Coconut Sauce

1 ½ cups apple juice  
1 cup shredded coconut  
¼ cup ground almonds  
2 oz. pitted dates  
1 cup strawberries (optional)

Blend.





## Fruit Dressings

### Red Cashew

2 cups apple juice  
 ½ cup cashews  
 ¼ cup cherry juice concentrate  
 or 1 cup fresh pitted cherries

Blend to creamy consistency the cashew and apple juice. Set in a warm place to ferment for 6–10 hours. Blend in the cherry juice or cherries.

### Peach Sauce

2 peaches  
 ¼ tsp. ginger root  
 1 tsp. shredded coconut  
 1 tsp. sesame seed  
 1 tsp. honey  
 1 tsp. chopped fresh mint  
 1 tsp. soaked flax seed  
 or raisins

Blend.

### Green Hi

½ pineapple chopped  
 2 slices dry pineapple, sliced  
 2 cups apple juice  
 ½ avocado

Blend. Add avocado last.

### Nut Cream

2 yellow delicious apples  
 1 cup water  
 1 cup cashews

Blend. Garnish with strawberries.

### Banana Nut Dressing

2 chopped bananas  
 2 tbsp. soaked almonds  
 1 tbsp. honey  
 2 tbsp. poppy seed  
 pinch of coriander

Blend.

### Fruit Mayonnaise

1 cup orange juice  
 1 tbsp. sesame butter  
 1 tbsp. olive oil  
 1 tsp. honey

Blend.

### Banana Dressing

½ cup pineapple juice  
 ½ cup olive oil  
 1 banana  
 1 tbsp. lemon oil  
 1 tsp. kelp

Blend.

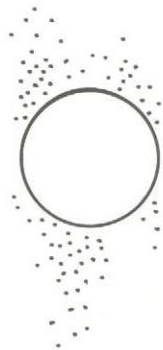
### Cranberry Sauce

1 cup cranberries  
 1 tsp. honey  
 enough orange juice to blend

### Apple Cream

1 cup apple juice  
 2 cups delicious apple, chopped  
 2 tbsp. olive oil  
 ½ tsp. cayenne (optional)

Blend.







## Breakfast Cereals

### Sprouted Cereal

1 cup sprouted oat, wheat, or rye

Leave whole or blend with apple juice

Variation:

1 tbsp. ground sunflower or sesame seeds,  
¼ cup sliced bananas, or dried fruits.

### Fruit Muesli

3 cups fresh, cut up, juicy fruit (bananas, apples, strawberries, peaches, etc.)

1 cup rolled oats

½ cups currants or raisins (optional)

½ cup chopped nuts (optional)

This mixture should be very juicy. If not, add 1 tbsp. of water or fruit juice. Allow oats, nuts, and dried fruit to soak in juices for at least 20 minutes.

### Oatmeal

2 cups rolled oats

¼ cup bran or wheat germ

½ cup chopped figs

1 cup diced apples

1 tbsp. cinnamon

1 tsp. ginger

1 tbsp. maple syrup

Cover with water and let sit overnight or for cold mornings just add hot water and let soak for at least 20 minutes.

### Complete Breakfast Meal

5 cups rolled oats

1 cup barley flakes

1 cup wheat flakes

1 cup rye flakes

1 cup millet flakes

1 cup raisins

½ cup ground sesame seeds

½ cup flax seeds

1 cup chopped dried prunes

1 cup chopped dried apricots

½ cup chopped dried figs

Mix all these ingredients together and store well covered in a cool, dry storage area or in the refrigerator. Use ½ cup of the dry mix for each person. Soak overnight. For aid in digestion blend mixture in the morning. Remember to chew well.





## Puddings

### *variation one*

1 tbsp. sunflower seed  
1 tbsp. almonds  
1 tbsp. chia seeds  
1 tbsp. flax seeds  
1 tsp. sesame seeds  
diced fresh fruit

Grind seeds and soak overnight. Mix with fruit in the morning. Hot water can be added in the morning for cold weather.

### *variation two* Seeds

1 tsp. psyllium seeds  
1 tsp. sunflower seeds  
1 tsp. pumpkin seeds  
1 tsp. aloe vera  
1 tsp. slippery elm  
1 tbsp. filberts

### *variation three* Seasonings

1 tsp. cinnamon  
1 tsp. bee pollen  
½ tsp. ginger  
½ tsp. nutmeg  
1 tsp. carob powder  
honey  
maple syrup  
black cherry concentrate  
grape juice  
apple juice

### Flaxative

¼ cup flax seeds  
1 banana  
1 cup warm water

Soak seeds overnight. Blend everything together in the morning.

### Psilly Pudding

2 tsp. ground psyllium seed  
½ tsp. cinnamon  
1 tsp. liquid clay  
6 oz. apple juice

Shake vigorously in a glass jar or blend. Pour into a bowl and eat immediately. The psyllium will get thicker the longer it is left untouched.

### Silly Pudding

2 tsp. psyllium seeds (ground)  
½ cup soaked raisins  
½ cup sliced bananas  
8 oz. apple juice  
more water if needed

Shake or blend vigorously juice, raisins, and psyllium in a glass jar. Pour into a bowl and top with banana slices.

### Psy Filler

1 tsp. psyllium powder  
5 oz. apple juice  
3 oz. grape juice  
¼ tsp. cinnamon

Shake in a jar for 10 seconds or blend.

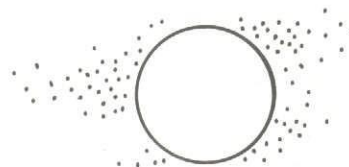
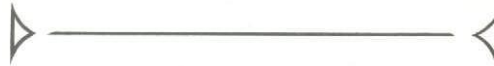
### Date Carrot Pudding

¼ cup pitted dates  
enough carrot juice to blend.

### Golden Fig Pudding

10 dried figs  
1 cup shredded coconut  
1 pint carrot juice

Blend.



### Chocolate Pudding

½ lb. pitted dates  
5 tsp. carob powder  
1 tbsp. slippery elm powder  
enough coconut milk to blend.  
1 tbsp. coconut meat (optional)  
honey to taste

**Variation: fresh mint**

10 dried figs  
1 cup shredded coconut  
1 pint carrot juice

**Blend.**

### Guacabanana

3 bananas  
3 tsp. carob powder  
1 avocado  
3 tsp. honey  
3 tsp. shredded coconut  
(optional)  
water to blend

### Simple Gypsy Gruel

1 cup ground sesame seeds  
1 tsp. nutmeg  
2/3 cup apple juice

**Blend.**

### Banana Sapote Pudding

1 cup sapotes  
1 banana  
½ cup apple juice  
3 tbsp. shredded coconut  
1 tbsp. honey

**Blend.**

### Banana Pudding

2 bananas  
¼ cup ground nuts  
1 tsp. honey  
1 tsp. wheat germ

**Blend.**

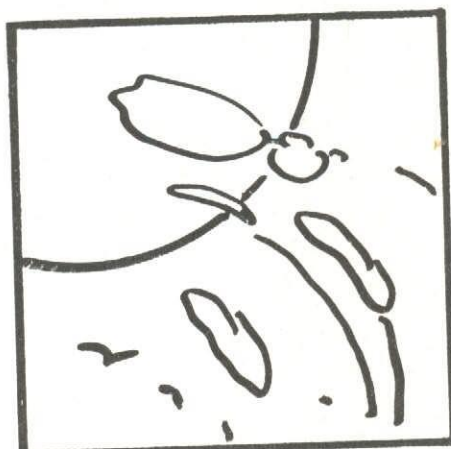
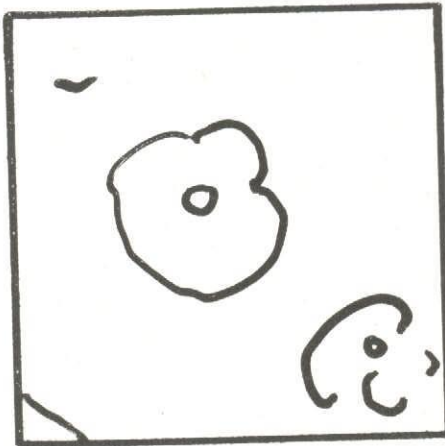
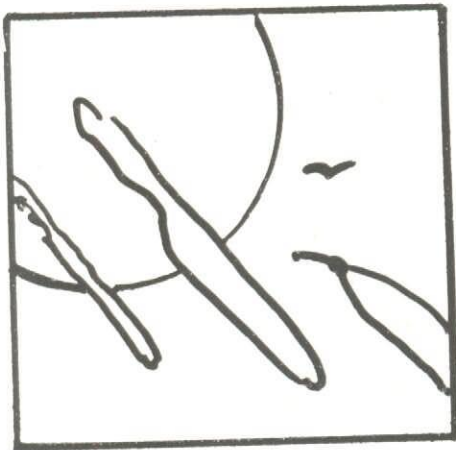
### Apricot Cream

¼ cup dried apricots  
¼ cup apple juice

Soak apricots overnight with enough water to cover. Blend all with apple juice. Serve with fresh fruit of your choice.



# TWEETS



MAX 78 -



## Tweets

### Mountain Energy Bars

½ cup powdered algae  
1 cup nutritional yeast  
½ cup honey  
1/3 cup chia seeds  
1/3 cup sesame seeds  
1/3 cup bee pollen

Blend the dry ingredients together and mix with honey and enough water to make a stiff dough. Form into balls and roll in sesame seeds.

### Carob Cakes

1 cup chopped walnuts  
1 ½ cups chopped dried figs  
½ cups water  
¼ cup carob powder  
½ cup dates  
1 cup ground sesame seeds  
1 cup shredded coconut

Blend water, carob, dates and mix with walnuts and figs. Add the rest and mix well. Roll into 2 oz. balls and roll in finely chopped walnuts.

### Carob Nut Fudge

1 cup mashed dried figs  
1 ½ cups chopped dates  
2 cups almond butter  
¼ cup carob powder  
1 cup chopped walnuts  
1 tsp. kelp

Mix well and spread in a flat dish and chill. Slice into squares or roll into balls in sesame seeds, ground sunflower seeds, walnuts, or pecans.

### Fig Cashew Balls

2 cups dried figs  
½ cup cashews

Grind together and roll in coconut.

### Lemon Easy

2 cups chopped raisins  
1 lemon juiced  
1/3 cup honey  
2 cups shredded coconut

Blend raisins, lemon, and honey. Add coconut and roll into balls in coconut.

### Sunflower Sesame Treats

¾ cup ground sunflower seeds  
¼ cup sesame butter  
½ cup shredded coconut  
¼ cup honey  
1/3 cup raw wheat germ  
1 cup chopped dates or raisins

Roll into a large log on wax paper. Refrigerate. Serve sliced into cookies.

### Apple Spice Bars

2 cups chopped apples  
4 cups shredded coconut  
½ cup honey  
2 tsp. ground cinnamon  
1 tsp. ground allspice  
1 tbsp. almond butter

Mix all ingredients thoroughly. Form into 2 oz. bars. Roll in finely chopped pecans or walnuts. Refrigerate.

### Almond Butter Logs

½ cup honey  
2 cups ground sesame  
½ cup shredded coconut  
1 cup almond butter  
1 cup raisins

Mix well. Roll in ground sesame.

### A Tweet

½ cup grated apples  
½ cup finely chopped dates  
¼ cup carob powder  
¼ cup honey  
¼ cup ground sesame seeds  
apple juice

Mix everything together and add enough apple juice to form into balls. Roll in coconut.

### Walnut Candy

1 cup ground or finely chopped walnuts  
1 cup grated coconut  
½ cup raw carob powder  
½ cup honey  
sesame seeds

Mix everything except the sesame seeds together with your fingers. Form into small balls. Roll in sesame seeds.

## Tweets

### Fruit Chews

- 1/4 whole lemon with skin
- 1/4 whole orange without skin
- 1/4 cup diced pineapple
- 1/4 cup honey
- 1/4 cup currants
- 2 cups coconut shredded
- 1 1/2 cups ground sesame seeds

Blend the lemon, orange and pineapple. Mix thoroughly the rest of the ingredients. Roll in additional coconut and refrigerate.

### Carob Fudge

- 1/2 cup honey
- 1/2 cup coconut oil
- 1/2 tsp. vanilla
- 1 cup carob powder
- 1/2 cup chopped nuts

Cream the honey, oil, and vanilla together. Add carob and nuts. Press into a flat pan and chill. Cut into squares.

### Carob Date Balls

- 1 cup finely grated carrots
- 1/2 cup shredded coconut
- 1/4 cup finely chopped dates
- 1/4 cup currants

Mix well. Roll in ground almonds.

### Sesame Butter Balls

- 1/4 cup sesame butter
- 1/4 cup honey
- 1/2 cup ground sunflower seeds
- 1/4 cup chopped raisins
- 2 tbsp. wheat germ

Mix together. Form into balls. Roll in arrowroot powder.

### Carob Fruit Balls

- 1/4 cup soaked dried prunes
- 1/4 cup soaked dried apricots
- 1/4 cup soaked raisins
- 1/4 cup soaked dates
- 1/2 cup ground cashews
- 1/4 tsp. vanilla
- 1 tsp. honey

Put food through food mill or chop well. Mix ingredients and add a little of the soak water from the fruit to make a moist dough. Form into balls. Roll in coconut.

### Dried Fruit Cookies

- 1 cup grated coconut
- 1/2 cup dried apples
- 1/2 cup raisins
- 1/2 cup dried figs
- 1 mashed banana

Spread half the coconut in a flat pan. Mix dried fruit in a food mill or mash well. Mix with banana and pour on the coconut. (If too dry add a little apple juice.) Sprinkle on the rest of the coconut and let sit several hours, then cut into squares.

### Green Manna Survival Wafers

- 1/4 cup ground spirulina algae or favorite seaweed
- 2/3 cup yeast 500 water

Mix together adding enough water to press into small wafers, (you won't need much).

### Chlorophyll Mountain Climber's Energy Bar

- 1/4 cup ground spirulina algae or favorite sea weed
- 1/2 cup ground sesame seeds
- 1/3 cup chia seeds
- 1 cup ground sunflower seeds
- 1/4 cup yeast 500
- 1 tbsp. bee pollen
- 3 tbsp. liquid lecithin (optional)
- 1/3 cup honey (add to taste)

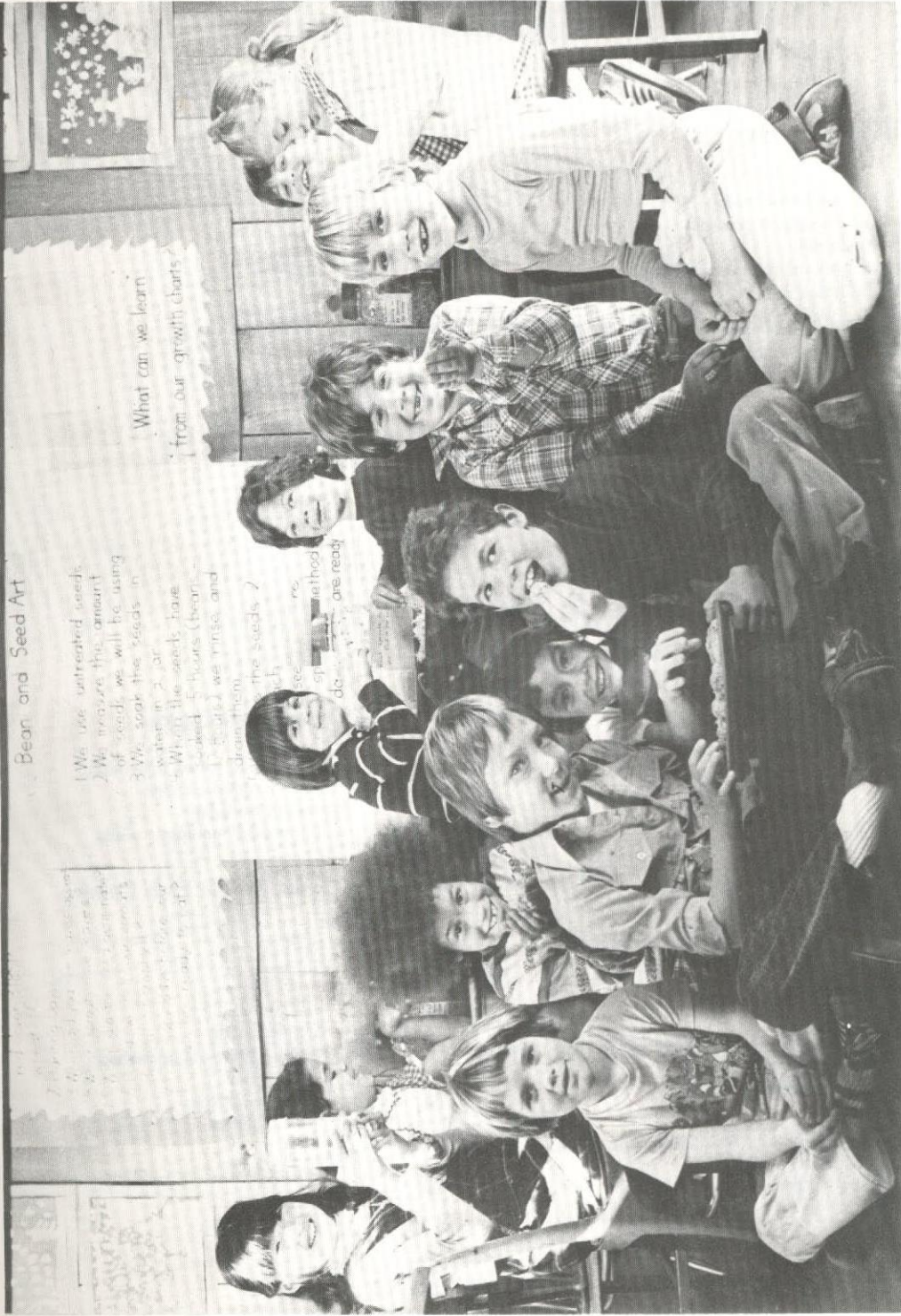
Mix together adding enough water to form dough into stiff bars. Roll in sesame seeds.

### Chlorophyll Wonder Wafers

- 1/4 spirulina algae or favorite seaweed, ground
- 1 cup ground sunflower seeds
- 3 tbsp. olive oil
- 3 tbsp. yeast 500
- 2 tsp. Dr. Bronner's mineral salt

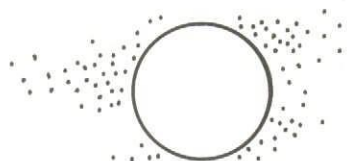
Mix together, adding enough water to press into wafers.







## Tweets



### Carob Delight

- 1 cup sunflower seeds
- ½ cup raw carob powder
- ¾ cup honey
- 1 cup almond or sesame butter
- ½ cup rolled oats

Mix well. Roll into 2 oz. balls and roll in shredded coconut or ground almonds.

### Mild Laxative Balls

- 1 pint mixed mashed dried fruit: raisins, prunes, dates, figs or apricots.
- 1 oz. carob powder
- 1 oz. ground licorice root
- 2 oz. carob powder
- 1 oz. slippery elm
- honey, molasses or maple syrup to taste.

Mix well. Oil your hands first and roll into little balls in shredded coconut. For a more powerful laxative effect add 1 tsp. ground senna leaves.

### Dried Fruit Candy

- 1 cup mashed mixed dried fruit
- ¼ cup shredded coconut
- 2 mashed bananas
- ¼ cup ground sunflower seeds

Same preparation as for Simple Fruit Candy.

### Simple Fruit Candy

- 1 cup mashed dried fruit: dates, figs, raisins or apricots
- ¼ cup shredded coconut

- 1 cup mashed dried fruit: dates, figs, raisins or apricots
- ¼ cup shredded coconut
- orange juice

Put dried fruit through a food mill, champion juicer or mash well. Add coconut and enough orange juice to make a firm mix.

#### Variations:

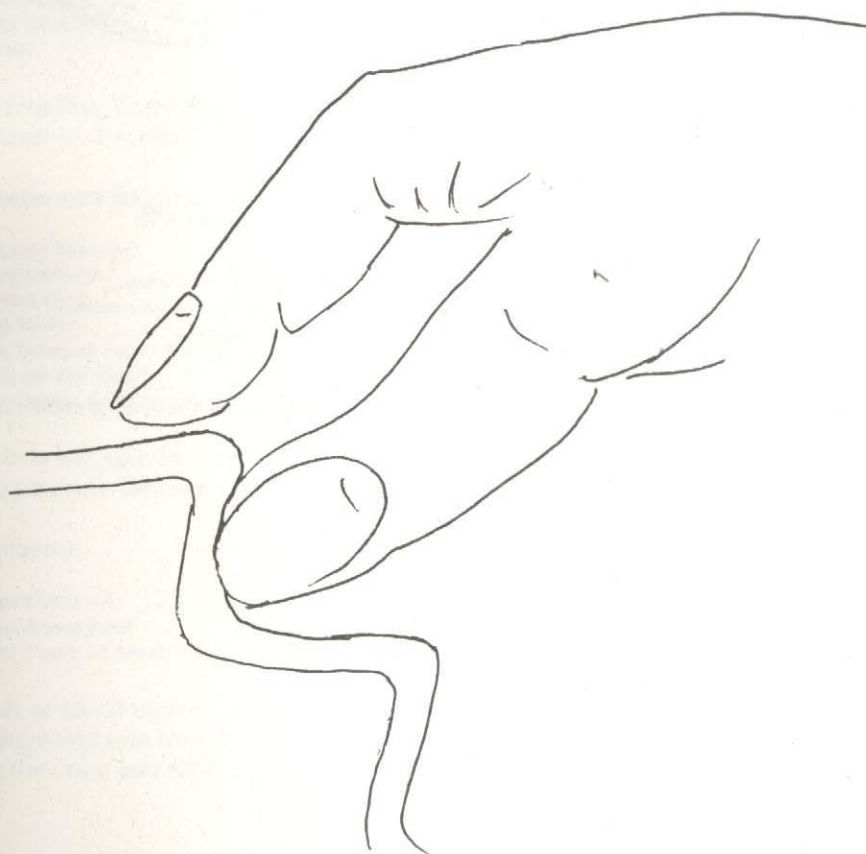
- ground almonds or cashew
- lemon peel
- diced fresh fruit
- grated apples

## Forming Your Crust

### Forming Your Crust

With your fingers pinch the edges of the crust for decoration.

Never make a crust thicker than  $\frac{1}{8}$ ". With your fingers pinch the edge of the crust for decoration. Use one hand to pinch and the other to form a star shape.

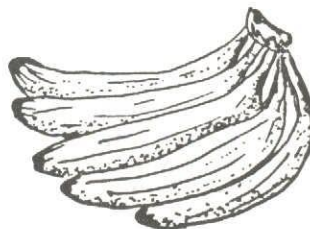


## Pie Crust

Mix with your hands to form a soft dough. Press into the bottom of a well oiled pie pan. Never make a crust thicker than  $\frac{1}{8}$ " in any place. Pinch the edges to form a star shape around dish. See illustration.

### Crust #1

For one pie:  
2  $\frac{1}{2}$  cup ground sesame seeds and/or sunflower seeds  
2 tbsp. coconut oil  
1 tsp. honey  
1 tsp. raw wheat germ oil (optional)  
1 tbsp. warm water



### Crust #2

$\frac{1}{4}$  cup coconut butter  
1  $\frac{1}{2}$  cup granola  
1 tsp. honey  
 $\frac{1}{2}$  tsp. coriander  
1 tsp. lemon rind

### Crust #3

$\frac{1}{2}$  cup ground oat flakes  
 $\frac{1}{2}$  cup ground sunflower seeds  
2 mashed bananas  
1 tbsp. olive oil  
 $\frac{1}{4}$  tsp. vanilla  
enough shredded coconut to make it firm

### Crust #4

1 lb. mashed pitted dates  
 $\frac{1}{2}$  lb. ground walnuts  
 $\frac{1}{4}$  cup shredded coconut

### Crust #5

$\frac{1}{2}$  lb. mashed pitted dates  
 $\frac{1}{2}$  cup ground pine nuts or coconut  
 $\frac{1}{2}$  tsp. lemon rind

**COCONUT BUTTER** for crusts can be made by blending coconut meat and water. Strain and press out juice. Place in refrigerator and wait for butter to float to the top. Use in making pie crusts and other desserts.



# Pie Fillings

## Pie Fillings

For pie fillings I recommend to use fruits that are in season whenever possible. Mash, grate or slice. Use your imagination in food combinations and in decorations. Paint pictures with fruit and flowers on special pies.

### Apple

8 grated Pipin or Cortland apples  
2 chopped apples  
1 tbsp. cinnamon  
2 tbsp. chopped walnuts (optional)  
1 lemon sliced  
1 tsp. honey  
2 tbsp. raisins  
coconut

Mix together. Spread on the crust. Sprinkle coconut on the top. Refrigerate.

### Banana and Raisin

4 mashed bananas  
2 sliced bananas  
1 grated apple  
1 cup raisins  
1 tsp. honey or maple syrup  
½ tsp. ground ginger  
2 tbsp. wheat germ (optional)

If mix is wet add the wheatgerm. Pour into your pie crust. Decorate with banana slices.

### Blueberry

4 cups blueberries  
1 tbsp. lemon juice  
1 tbsp. honey or maple syrup

Mash or blend ingredients. Strain some of the juice and save for drinking. Pour the rest into the crust and refrigerate.

### Apricot

2 cups dried apricots  
1 tbsp. agar agar or arrowroot  
⅓ cup honey  
2 cups water  
coconut

Soak apricots overnight in the water. Add thickener and blend. Slightly heat mix, add honey, then chill. Pour into pie crust and decorate with shredded coconut.

### Mixed Fruit

1 cup dried figs  
3 apples  
2 oranges  
2 cups shredded coconut  
2 cups raisins or currants  
2 cups soaked raisins or currants

Blend or chop well figs, apples and oranges. Mix with coconut and raisins. Pour into crust and refrigerate.

## Pie Fillings

### Blueberry and Banana Pie

1 lb. blueberries  
2 tbsp. lemon juice  
4 tbsp. honey  
 $\frac{1}{2}$  cup ground almonds  
3 cups shredded coconut  
1  $\frac{1}{2}$  cups grated apples  
1  $\frac{1}{2}$  cups sliced bananas  
2 tbsp. orange juice  
2 tbsp. honey  
pinch of cinnamon



Use pie crust with mashed banana in it. Dust the crust with ground almonds and one layer of sliced bananas. Blend blueberries, lemon, honey. Pour into crust. Sprinkle with shredded coconut. Add a layer of grated apple. Then spoon on a mixture of orange juice, honey and cinnamon. Cover with coconut again and decorate with sliced almonds.

### Pumpkin

3 cups grated pumpkin or squash  
1 cup ground sunflower seeds  
3 tbsp. lemon juice  
dash of nutmeg

Pour into crust. Sprinkle cinnamon on top.

### Sweet Potato Pie

3 cups grated sweet potatoes  
3 tbsp. honey  
1 tbsp. lemon  
1 tsp. cinnamon  
 $\frac{1}{2}$  cup pitted soaked dates  
 $\frac{1}{4}$  cup ground almonds  
dash of nutmeg

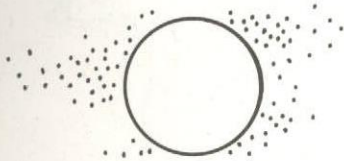
Run sweet potatoes and dates through food mill or champion juicer. Mix with other ingredients and fill pie shell. Sprinkle ground almonds on top.

## Cakes

### Carrot Cake

3 cups grated or ground carrot  
1 cup soaked chopped dried fruit  
1 cup chopped walnuts or almonds  
½ cup honey  
1 tsp. cinnamon  
pinch of nutmeg  
bran or wheatgerm (optional)

Run carrots through a champion or grate fine. Add bran or wheatgerm if to moist to bind. Mix in other ingredients. Shape your cake to your own heart's desire. Frost. I use seeds, dried fruit and coconut to draw pictures and designs. I place my cakes on a tray with a bed of ferns and flowers. It's great fun to incorporate nature with your food and everyone enjoys a surprise.



### Fruit Cake

1 lb. pitted dates  
1 lb. dried figs  
1 lb. raisins  
3 bananas  
1 tsp. grated ginger root

Soak dried fruit overnight. Strain and save juice for drinking. Put fruit through a food mill or mash well. Mash three bananas and mix with fruit and ginger root. Mold into desired shape.

### Fruit Nut Cake

1 cup chopped dates  
1 cup chopped figs  
1 chopped orange  
1 chopped lemon  
½ cup chopped dried apricots  
½ cup chopped dried peaches  
½ tsp. cinnamon  
¼ tsp. allspice  
¼ tsp. cardamon  
¼ cup water

Blend all of the above.

Mix in:

1½ cups ground almonds  
½ cup pumpkin seeds  
½ cup sunflower seeds  
½ cup cashew

1½ cups ground almonds  
½ cup pumpkin seeds  
½ cup sunflower seeds  
½ cup cashew

Mold into desired shape.

fruit cake

½ cup ground sesame  
½ cup honey

1 cup pineapple, orange or grape juice  
5 cups soaked mixed, finely chopped, dried fruit  
½ tsp. coriander  
2 cups chopped nuts  
4 cups ground granola

Mix well. Mold in any desired shape.





## Cheese Cake

### Tofu Cheesecake

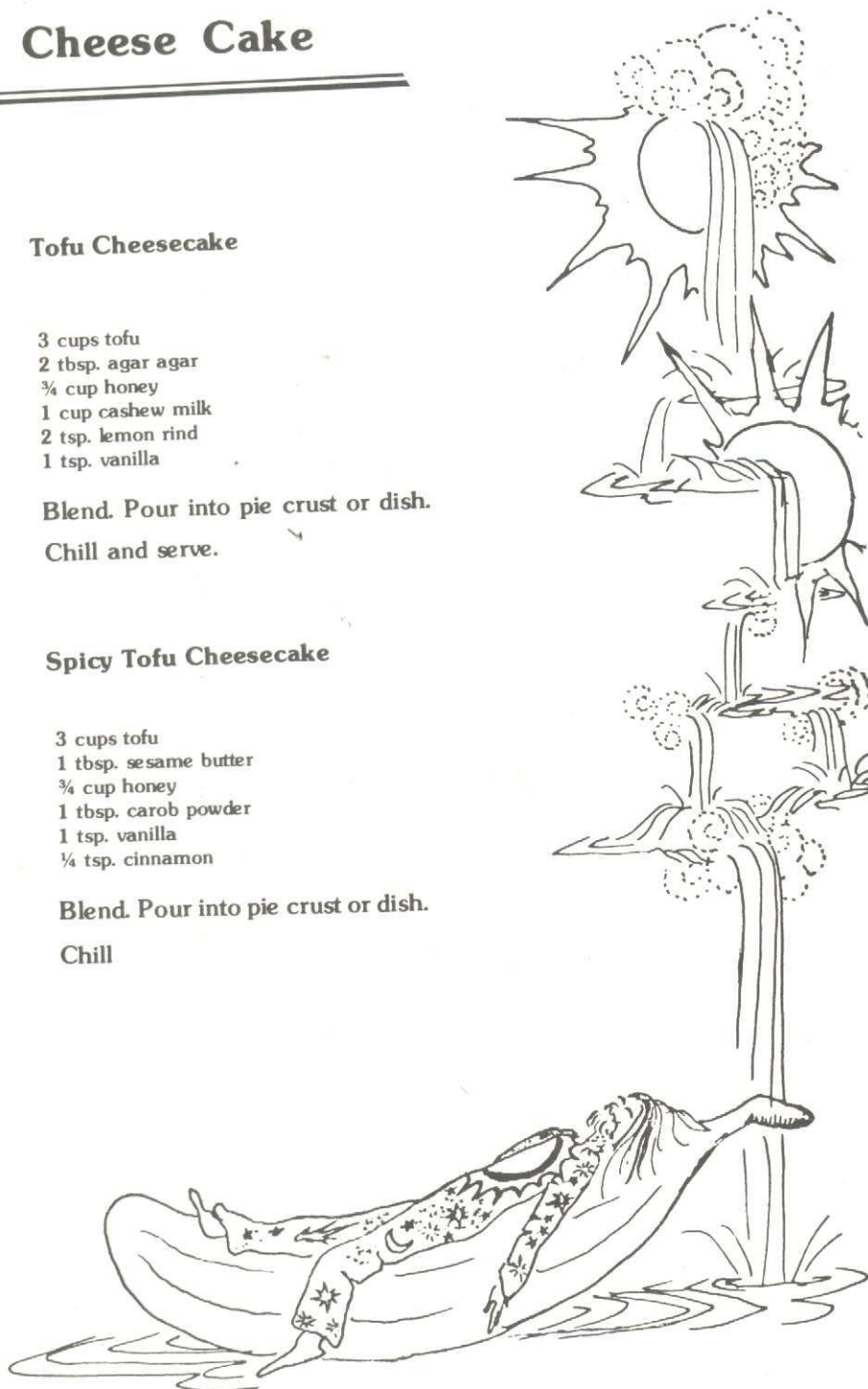
3 cups tofu  
2 tbsp. agar agar  
 $\frac{3}{4}$  cup honey  
1 cup cashew milk  
2 tsp. lemon rind  
1 tsp. vanilla

Blend. Pour into pie crust or dish.  
Chill and serve.

### Spicy Tofu Cheesecake

3 cups tofu  
1 tbsp. sesame butter  
 $\frac{3}{4}$  cup honey  
1 tbsp. carob powder  
1 tsp. vanilla  
 $\frac{1}{4}$  tsp. cinnamon

Blend. Pour into pie crust or dish.  
Chill



## Frostings

### Almond Frosting

2 cups ground almonds

1 tsp honey

warm water

Add enough water to just moisten almonds and whip with a fork. Add honey and you are ready to frost your cake.

### Banana Coconut Frosting

¼ cup ground almonds

3 tsp. warm water

1 mashed banana

1 tsp. honey

1½ cups shredded coconut

Whip almonds and water together. Add the rest.

### Carob Cinnamon Frosting

¼ cup carob powder

½ cup pitted dates

1 cup warm water

2 tbsp. sunflower seeds, walnuts, almonds or pecans

1 tsp. cinnamon

slippery elm

honey to taste

Blend carob, dates, water and nuts. Add enough slippery elm to make a thick frosting.

### Avocado Frosting

4 mashed bananas

1 mashed avocado

Mix together.

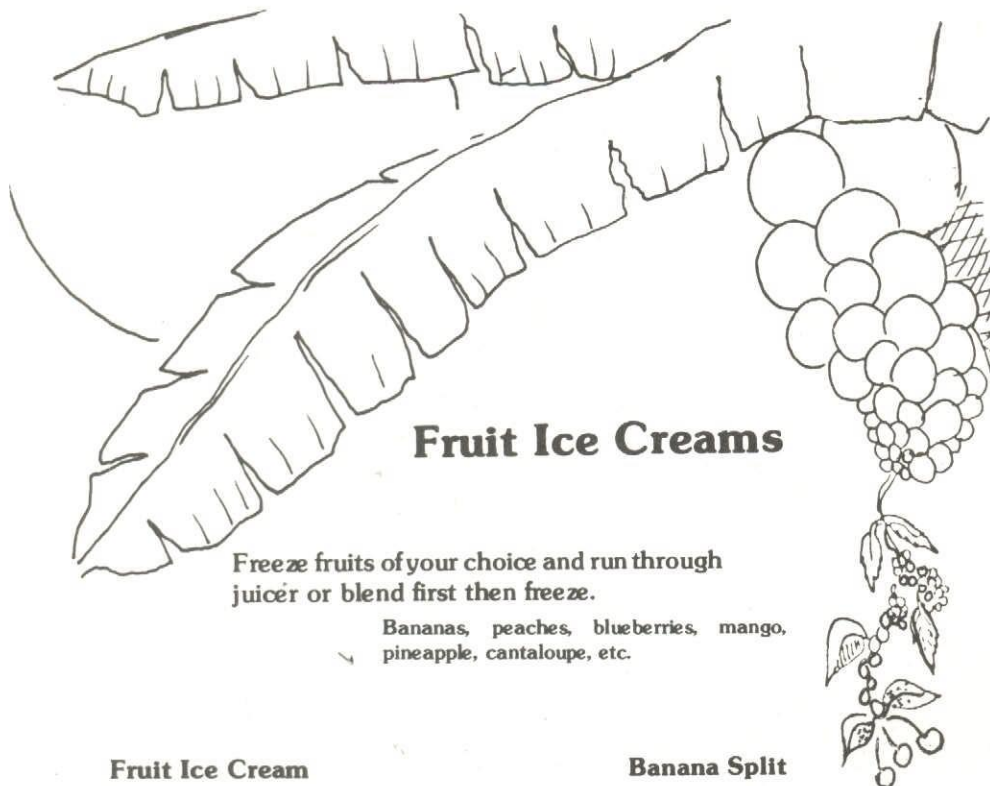
### Strawberry Sauce

2 cups strawberries

1 tsp. honey

1 tbsp. sunflower cheese

Mash or blend.



## Fruit Ice Creams

Freeze fruits of your choice and run through juicer or blend first then freeze.

Bananas, peaches, blueberries, mango, pineapple, cantaloupe, etc.

### Fruit Ice Cream

Ice cream has to be one of the hardest things for everyone to break away from. It really is an addiction for most of us and we aren't even totally conscious of. Fruit ice creams and sherberts are good substitutes. Great for the little ones with a sweet tooth. A Champion, K & K, Norwalk juicer or blender can be used in making frozen fruit ice creams. Practice makes perfect in all the arts of good food preparation. There is nothing like good banana ice cream. Once again, be sure that your bananas are always with black spots before using.

### Banana Split

3 frozen bananas  
 ½ cup ground almonds  
 water to whip  
 1 tbsp. currants or diced strawberries

Run the frozen bananas through juicer. Whip the almonds and a little water to make a topping for the ice cream. Top with the currants and eat right away.

### Frozen Sherbert

Mix peaches, strawberries, pears and seedless grapes, enough apple juice to blend together in the blender, and freeze. For creamier ice cream blend again. Freeze.

½ papaya  
 ½ banana  
 1 slice pineapple  
 1 - 2 oranges juiced  
 ¼ tsp. vanilla

Mix in the blender until smooth. Pour into a tray and chill in the freezer until hard.



## Snacks

Fresh ripe fruit is the best choice for snacking.

### Zucchini Chips

(Look in Appetizer section)

### Zucchini Treat

Sprinkle a mixture of kelp and cayenne on fresh zucchini and chew. Great for travelling.

### Raw Vegetables

Serve them with your favorite dips.

### Sprouted Grain

Season sprouted grain with olive oil and kelp. Mixes well with sprouted chick peas.

### Popcorn

Use olive oil, kelp or tamari and a little cayenne.

### Soaked Dried Fruits, Seeds and Nuts

#### Fruit and Nut Mix

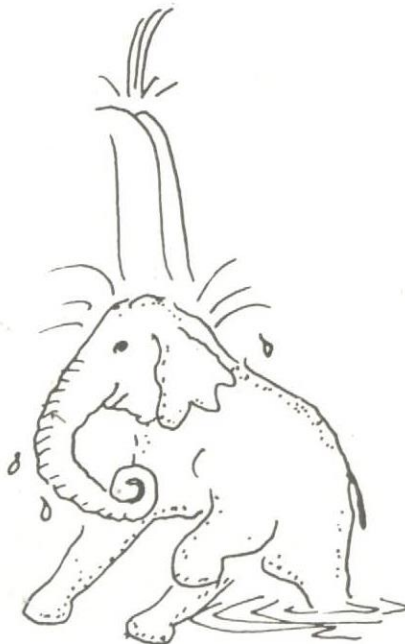
1 cup cashew  
1 cup almonds  
1 cup walnuts  
1 cup raisins  
½ cup pumpkin seeds

### Hot Orange Slices

Open up an orange into juicy wedges. Sprinkle on a little cayenne.

### Sprouted Peas

Use the sweet ones. Sprout for 3 to 5 days.



# RESOURCES

## RAW OLIVE OIL

CAROTHERS BROTHERS, Box 192, Mt. Dora, Fla. 32757  
WALNUT ACRES, Penns Creek, Pa. 17862. Seeds, Produce.  
RIGHTWAY ENTERPRISE, 113 South B St. Porterville, Ca. 93257.  
VITA GREEN FARMS, P.O. Box 878, Vista, Ca. 92083. Produce.

## SPROUT SEEDS

HELTON DIST., 2741 Sequoia, Fullerton, Ca. 92634. Large variety sold in one pound quantities.  
CHAMPLAIN VALLEY SEED, Box 454, Westport, New York 12993. Buckwheat.  
MEER CORP., Mallincott, New York (212) 586-0900. Fenugreek, #200 minimal.  
DIAMOND K ENTERPRISE, St. Charles, Minnesota (507) 932-4308. Sunflower seed.

Request black ones used in oil making.

LIVING FARMS, 200 3rd St., Tracy, Minnesota 56175. Alfalfa, Wheat, Rye, and Red Clover.  
CROSS SEED CO., Route 1, Box 125, Bunker Hill, Kansas 67676. Alfalfa, Wheat, Rye.  
G. CRANE, Creek Road, Craftsbury, Vt. 05826. Sunflower.

## PRODUCE

WONA TRADING CO., 392 W. McArthur, Sonoma, Ca. 95476. Bee Pollen.  
PHILIP HISS, 4708 Ocean Blvd., Sarasota, Fla. 33581. (813) 349-1215. Full line of organic fruit and vegetable, imports and local.  
PURE AND SIMPLE, Boyertown, Pa. 19512. (800) 523-8258.  
ATLANTIC MARICULTURE, Box 2368, Dartmouth, Nova Scotia CANADA. Seaweeds.  
21ST CENTURY PRODUCTS, P.O. Box 702, Fairfield, Ia. 52556. Grass Powder, Psyllium, Volcanic ash, Wheatgrass Juicers, Electric juicers, Colonic boards. Send 50 cents for Catalog.

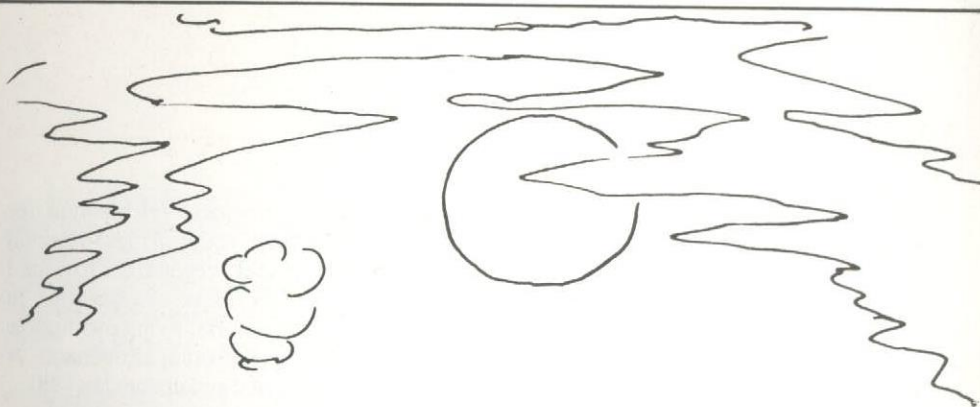
## HERB SECTION

HERBPHARM, organic, P.O. Box 116, Williams, Or. 97544. (503) 846-7178  
THE HERB SHOP, Box 352, Provo, Utah 84601 (801) 377-3093  
KIEHL'S PHARMACY, 109 3rd Avenue between 13th & 14th Sts. New York City, N.Y.  
NATURES HERB COMPANY, 287 Ellis Court, San Francisco, Ca. 94102.  
HERBALIST, 934 N. Western Ave., Los Angeles, Ca. 90029  
MEDICINE WHEEL COLLECTIVE, 831 West Fir, San Diego, Ca. 92101  
FMALI HERB CO., 831 Almar Ave., Santa Cruz, Ca. 95061.  
MEADOW BROOK HERB FARM, Wyoming, R.I. 02898.  
INDIANA BOTANICAL GARDENS, Box 5, Hammond, Indiana 46325.  
WHOLE WIDE HERBS LTD., 11 St. Catherine's St., E. Montreal, CANADA  
NATURE'S WAY PRODUCTS, Box 2233, Provo, Utah 84601.  
NORTH CENTRAL COMFREY PRODUCERS, Box 195, Glidden, Wisconsin 54527.  
GOHN BROS., Middlebury, Indiana 46540.

## NEW AGE RESOURCES

8x11, 53 page book. Introduction to Survival Into the 21st Century. How to grow organic instant greens in seven days, one pound on a pie plate at 10¢ a pound, non-dairy, free from allergants - sunflower seed cheese, nut yogurts, dressings, excerpts from greatest books on successful nature cures from cancer, and all other diseases, longevity, beyond tantric sex, ecstasy, love. How to grow digestive enzymes, laetrile. Gift for a lifetime. Send \$1 to cover mailing and handling cost.

21ST CENTURY PUBLICATIONS, P.O. Box 702, Fairfield, Ia. 52556



### SUGGESTED READING

CHRISTOPHER, John: Dr. Christopher's Three Day Cleansing Program.

HURD, Frank and Roseline: Ten Talents.

JENSEN, Bernard: Health Magic Through Chlorophyll.

KLOSS, Jethro: Back To Eden

KULVINSKAS, VICTOR - Survival Into the 21st Century

KULVINSKAS, VICTOR - Life In the 21st Century

KULVINSKAS, VICTOR - New Age Resources

LEOFFLER, Chris: Eydie Mae, How I Conquered Cancer Naturally.

SWAMI SATCHIDANANDA, Beyond Words.

SWAMI SIVANANDA: Science Of Yoga, Health and Diet, Vol. 5.

STONE, Randolph: Health Building.

SZEKELY, Edmond: Essene Gospel of Peace.

WALKER, Norman: Raw Vegetable Juices.

WIGMORE, Ann: Naturama Living Text Book; Recipes For Life.

YOGANANDA, Paramahansa: Autobiography of a Yogi.

### STUDY CENTERS

ALL LIFE SANCTUARY, P.O.Box 117, Woodstock Valley, Ct. 06282. Viktoras, (203) 974-2440

GREENHOUSE, 2006 S.E. Ankeny, Portland, OR 97214 (503)238-0630.

HIPPOCRATES HEALTH INSTITUTE, 25 Exeter St. Boston, MA 02116 (617)267-9525.

HIPPOCRATES HEALTH INSTITUTE OF SAN DIEGO, 2176 Valley View, El Cajon, CA 92021 (714)444-9900.

INTEGRAL HEALTH SERVICE, 245 School St. Putnam, CT 06260 (203)928-7729.

INTEGRAL YOGA INSTITUTE, Margo Bando, 5 Clark St. Garfield, NJ 07026 (201) 546-9666.

LIFE CENTER, Carol Pippin, 60 E. 13th St, NYC 10003 (212)475-1480

ORANGE GROVE INC. RT 4, Box 316, Arcadia, FL 33821 (813)494-4844.

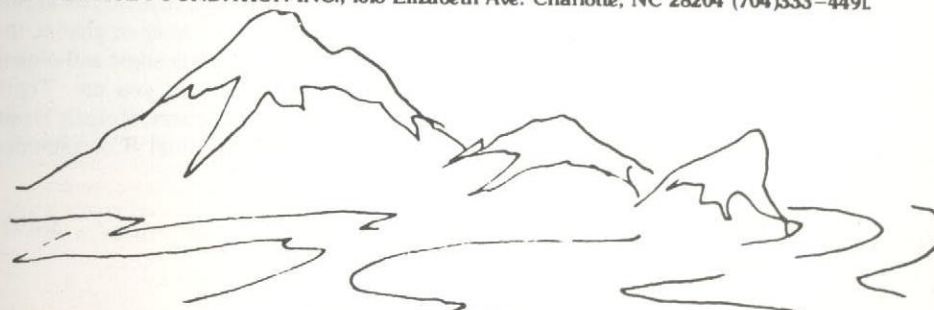
POLARITY HEALTH INSTITUTE, Doe Bay Village, Orcas Island, Star Route, Box 86, Olga, WA 98279

SCHOOL OF SURVIVAL, 6530 E. Greenlake, N. Seattle, WA 98103, (206) 743-7580.

YOGAVILLE EAST, Box 108, Pomfret Center, CT 06259.

YOGAVILLE WEST, 1705 San Marcus Pass Rd., Santa Barbara, CA 93105 (805)967-3344

WORLD SERVICE FOUNDATION INC., 1618 Elizabeth Ave. Charlotte, NC 28204 (704)333-4491





***SURVIVAL INTO THE 21ST CENTURY***

by Viktoras Kulvinskas

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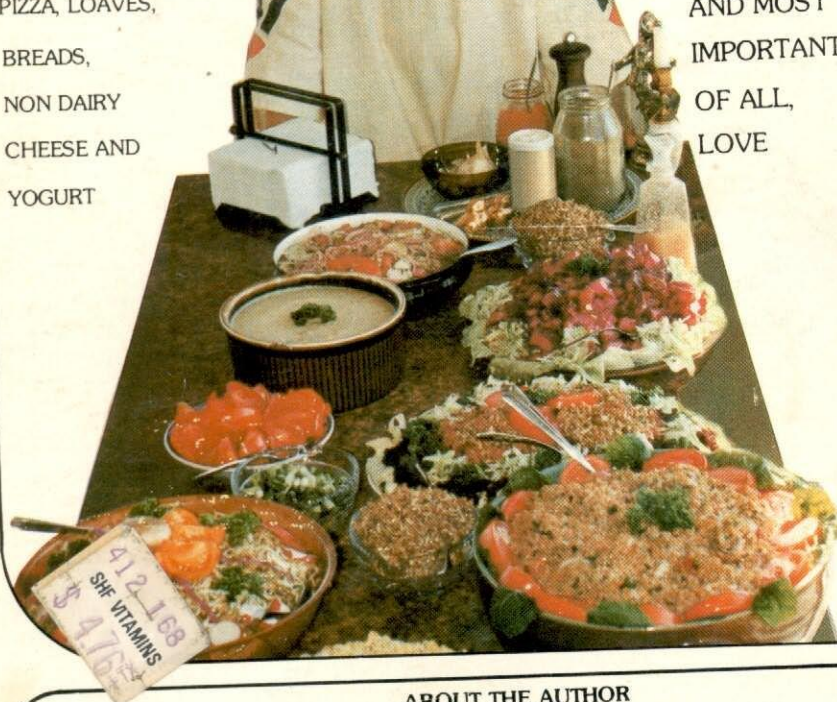
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#### ABOUT THE AUTHOR

Marcia Acciardo was born September 11, 1956 in Providence, R.I. She has been a vegetarian for eight years, during which time has been active in teaching and research on the subject, as well as travelling extensively to New Age spiritual centers and gatherings.

Some of her work experiences include cooking and managing a Natural Foods Restaurant in Portland, Maine. She is an experienced caterer for Vegetarian functions and conferences, and recently worked for the Paul Winter Musical Consort in Connecticut as their Chef at home and on tour.

Marcia worked for awhile at the Hippocrates Health Institute in Boston, Massachusetts which was founded by Dr. Ann Wigmore. Dr. Wigmore's life and teachings are based on Natural Healing, Raw Foods and wheatgrass therapy. It was at Hippocrates that Marcia and Viktoras Kulvinskis, author of "Survival Into the 21st Century" began working together. Since then, they have been travelling extensively giving Live Food and New Age workshops around the world.